Let's Get Cooking!

Compiled by the
Silverdale Elementary
School Staff and Faculty
Maysville, North Carolina

To- R.E. and Nell in loving
Memory of Barbara
Given by
Jessie Lee + Margaret

Christmas - 1995

Expression of Appreciation

Our committee wishes to express our sincere appreciation and thanks to all those individuals who donated recipes, helped with the compiling and the selling or in any other way contributed to the publication of this delightful cookbook.

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Judy Stalvey

Carolann Tighe

Artist — Patsy Svendsen

This cookbook is dedicated to the memory of Barbara Jenkins Cannon, a devoted and caring teacher of 27 years. She touched many lives with her grace and courage. Barbara will always be a part of us.

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FROM MY COOKBOOK

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APPETIZERS

FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ lb.	¾ to 1 lb.	1½ lb.
Mayonnaise	1 c.	2 to 3 c.	4 to 6 c.
Mixed filling for sandwiches (meat, eggs, fish)	1½ qt.	2½ to 3 qt.	5 to 6 qt.
Mixed filling (sweet-fruit)	1 qt.	1¾ to 2 qt.	2½ to 4 qt.
Jams & preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad dressings	1 pt.	2½ pt.	½ gal.
Meat, Poultry, or Fish:			
Wieners (beef)	6½ lb.	13 lb.	25 lb.
Hamburger	9 lb.	18 lb.	35 lb.
Turkey or chicken	13 lb.	25 to 35 lb.	50 to 75 lb.
Fish, large whole (round)	13 lb.	25 lb.	50 lb.
Fish, fillets or steaks	7½ lb.	15 lb.	30 lb.
Salads, Casseroles, Vegetables:			
Potato salad	4¼ qt.	2¼ gal.	4½ gal.
Scalloped potatoes	4½ qt. or 1 12x20" pan	8½ qt.	17 qt.
Mashed potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gal.	2½ gal.	5 gal.
Baked beans	¾ gal.	1¼ gal.	2½ gal.
Jello salad	¾ gal.	1¼ gal.	2½ gal.
Canned vegetables	1 #10 can	2½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37½ lb.	75 lb.	150 lb.
Fruit cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake	1 12x20" sheet cake	2 12x20" sheet cakes
	1½ 10" layer cakes	3 10" layer cakes	6 10" layer cakes
Whipping cream	¾ pt.	1½ to 2 pt.	3 pt.
Ice Cream:			
Brick	3¼ qt.	6½ qt.	12½ qt.
Bulk	2¼ qt.	4½ qt. or 1¼ gal.	9 qt. or 2½ gal.
Beverages:			
Coffee	½ lb. and 1½ gal. water	1 lb. and 3 gal. water	2 lb. and 6 gal. water
Tea	1/12 lb. and 1½ gal. water	1/6 lb. and 3 gal. water	⅓ lb. and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

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APPETIZERS

STUFFED MUSHROOMS

2 (6 oz.) crab or lobster meat
8 oz. sour cream
7 oz. mayonnaise
White pepper
Plain bread crumbs (to make a moist paste)
1 or 2 boxes medium to large mushrooms
1 stick butter

Mix the first 4 ingredients together well, then add bread crumbs to make a moist paste. After you stuff mushrooms, melt 1 stick butter and pour over stuffed mushrooms. Bake at 425° for 15 to 20 minutes.

Carolann Tighe

SEA BREEZE SHRIMP

2 lb. shrimp
⅔ c. sliced celery
¼ c. sliced onions
2 Tbsp. chopped chives
¾ c. salad oil
1 bottle chili sauce
3 Tbsp. lemon juice
¼ tsp. paprika
2 Tbsp. mustard
½ tsp. salt
Dash of hot sauce

Cook and peel shrimp. Make sauce by mixing all other ingredients. (Do not use metal container.) Mix gently with shrimp. Cover securely and refrigerate. (Stir occasionally.) Refrigerate for at least 12 hours. Serve on toothpicks or as a salad.

Laurie M. Register

BACON ROLL-UPS

½ c. margarine
3 c. herb-seasoned stuffing mix
2 eggs, beaten
¼ lb. ground beef
¼ lb. hot sausage, crumbled
1 lb. sliced bacon, cut and sliced into thirds

Melt margarine in 1 cup water in saucepan. Remove from heat. Combine with stuffing. Mix in large bowl, mixing well; chill. Add remaining ingredients, except bacon, mixing well. Shape into pecan-shaped balls. Wrap with bacon; secure with toothpicks. In baking dish, bake at 375° for 35 minutes or until bacon is crisp. Makes 6 dozen.

Tammy Munoz

TACO DIP

8 oz. cream cheese
8 oz. sour cream
1 pkg. taco mix
1 (8 oz.) jar taco sauce
Lettuce (for topping), chopped
8 oz. sharp Cheddar, grated
1 to 2 large tomatoes, diced
Olives, diced
Onion, diced

Mix first 4 ingredients together and put into 9x13 inch glass dish. Top with next 5 ingredients. Serve with tortilla chips.

Kim O'Hara

SPANISH APPETIZER

1 c. mayonnaise
1 c. sour cream
1 pkg. Knorr leek soup mix
1 pkg. frozen spinach, cooked and well drained
1 bunch green onions, chopped
1 small can water chestnuts
1 loaf sourdough bread

Cut loaf of bread around the top, leaving a hollowed "bread bowl." Cut hollowed dough into chunks and let bowl and chunks dry out while preparing stuffing.

To prepare stuffing, put all ingredients, except bread, into food processor. Mix until desired consistency. Put stuffing into bread bowl. Use chunks for dipping.

Lucy Johnson

NAVAJO TACO

2 lb. hamburger
2 tsp. garlic powder
2 tsp. oregano
2 tsp. cumin
3 tsp. salt
1 tsp. monosodium glutamate
2 Tbsp. sugar
2 Tbsp. chili powder
2 Tbsp. ketchup
1 chopped bell pepper

Brown meat. Pour off grease. Mix all other ingredients and cook well. Pour into taco shells and serve.

Dottie Wright

NACHO DISH

1 can refried beans
1 pkg. taco seasoning mix
1 pt. sour cream
1 lb. Muenster cheese, grated
1 c. diced tomatoes
½ c. diced green peppers
⅓ c. chopped sweet onion
1 small can sliced olives
½ lb. Cheddar cheese, grated

Combine beans and taco mix and spread on bottom of platter. Layer other ingredients. Season with hot sauce and salsa if desired.

Laurie M. Register

MEXICAN-STYLE BOW TIES

½ lb. (2 c.) dried pasta bow ties
½ lb. lean ground beef
1 (16 oz.) can pinto beans or 1 (15½ oz.) can kidney beans, drained
1 tsp. salt
⅛ tsp. ground cumin
2 medium tomatoes, chopped
1 c. broken tortilla chips
2 (8 oz.) cans whole kernel corn, drained
1 small green bell pepper, chopped
1 c. shredded Cheddar cheese
½ c. sliced green onions
1 c. lowfat plain yogurt
½ c. bottled salsa

Cook bow ties according to package directions; drain. Cover with cold water and set aside. In medium skillet, brown ground beef. Add beans, salt, and cumin; heat through and drain. Drain cooled bow ties and place in large bowl. Combine with meat mixture, tomatoes, corn, green pepper, cheese, and onions. In small bowl, combine yogurt and salsa. Add to salad mixture; toss to coat. Cover and chill thoroughly. Before serving, garnish with tortilla chips. Serves 6 to 8.

Tammy Munoz

MEXICAN DIP

1 pkg. taco seasoning
2 (8 oz.) cream cheese
1 pkg. shredded Cheddar cheese
1 (16 oz.) cottage cheese
½ head lettuce, chopped fine
3 large tomatoes, chopped fine

Chop lettuce and tomatoes. Keep in separate bowls and put to the side. Soften cream cheese and in a medium bowl, add cream cheese, taco seasoning, and cottage cheese. Mix well and spread into bottom of serving bowl. Spread lettuce, then tomatoes and Cheddar cheese on top. Serve cold with tortilla chips.

Page B. Williamson

LAYERED MEXICAN DIP

First layer: Use 2 cans bean dip.

Second layer: Use 3 avocados chopped with 2 tablespoons lemon juice and sprinkle garlic salt.

Third layer: Mix 1 cup sour cream, ½ cup mayonnaise, and 1 package taco seasoning mix.

Fourth layer: Use chopped green onions.

Fifth layer: Use 3 chopped tomatoes.

Sixth layer: Use chopped black olives.

Seventh layer: Use chopped jalapenos (optional).

Eighth layer: Use 8 ounces shredded sharp Cheddar cheese.

Tara Parker

HOT CHEESE PUFFS

2 egg whites
½ tsp. baking powder
¼ tsp. paprika
¼ tsp. salt
1 c. grated sharp Cheddar or Swiss cheese

Beat 2 egg whites until stiff. Fold in ½ teaspoon baking powder, ¼ teaspoon paprika, ¼ teaspoon salt, and 1 cup of grated cheese. Spread ¼ inch thick on toast or canape bases. Broil about 5 minutes.

Gay Licko

HAM AND CHEESE CRESCENT SNACKS

1 (8 oz.) can Pillsbury dinner rolls
4 to 8 thin slices ham
4 tsp. mustard
1 c. shredded cheese (Cheddar or Swiss)
2 Tbsp. sesame seeds

Unroll dough into 4 long rectangles. Seal perforations. Place 1 to 2 ham slices on each rectangle. Spread with mustard. (May omit mustard here and serve on the side.) Sprinkle with cheese. Roll up each rectangle, starting with shortest side. Press ends to seal. Coat rolls in sesame seeds. Cut each roll into 5 slices. Place on ungreased cookie sheet. Bake at 375° for 15 to 20 minutes or until golden. Remove immediately from cookie sheet. Makes 20 appetizers.

Eileen de Haro

SAUSAGE AND BACON BALLS

¼ c. margarine
½ c. water
1½ c. herb dressing mix
1 beaten egg
¼ lb. sausage
½ lb. bacon

Cut each piece of bacon in 3 slices. Mix rest of ingredients. Break off into tiny balls. Wrap each ball in bacon. Bake at 350° approximately 30 to 35 minutes. May be frozen. Reheat at 400° for 10 minutes.

Gay Licko

HAM AND CREAM CHEESE BALL

6 oz. cream cheese
1 tsp. prepared mustard
A dash of salt and pepper
1 (4¼ oz.) can deviled ham
½ tsp. chives
Bacon bits
Crackers

Mix all ingredients, except bacon bits. Mix until well blended. Put mix in covered container and store in refrigerator for 12 hours. Remove after 12 hours and shape into a ball. Roll ball in bacon bits. Serve with crackers.

Tonya Taylor

CHEESE SAUSAGE BALLS

10 oz. sharp Cheddar cheese, melted
1 lb. hot sausage
3 c. Bisquick

Grate cheese and melt. Add Bisquick and crumbled uncooked sausage. Make into small balls. Bake at 350° for 15 minutes.

Joyce Parker

CHEESE BALLS

8 oz. cream cheese
½ c. sour cream
4 oz. shredded Cheddar cheese
1 tsp. Worcestershire sauce
Crushed pecans

Mix all ingredients together, except pecans. Form into a ball. Roll in the pecans. Chill.

Debbie Bouknight

CHEESE BALL

½ lb. grated sharp cheese
2 Tbsp. grated onion
3 Tbsp. minced green pepper
8 chopped olives
1 Tbsp. chopped pimento
2 Tbsp. chopped pickle
½ c. crushed saltines
¼ c. mayonnaise
Tabasco

Combine all ingredients and form into ball. Roll in chopped nuts or sprinkle with paprika if desired.

Sandra Thompson

APPLE CREAM CHEESE SPREAD

1 (3 oz.) pkg. cream cheese, softened
1 Tbsp. orange juice
2 tsp. powdered sugar
½ c. peeled, grated apple

Combine cream cheese, orange juice, and powdered sugar; mix until smooth. Stir in apple. Chill. Use as a spread for fruit-nut bread. Yield: 1 cup.

Laurie M. Register

Notes

BEVERAGES

EQUIVALENT CHART

3 tsp.	1 Tbsp.
2 Tbsp.	1/8 c.
4 Tbsp.	1/4 c.
8 Tbsp.	1/2 c.
16 Tbsp.	1 c.
5 Tbsp. + 1 tsp.	1/3 c.
12 Tbsp.	3/4 c.
4 oz.	1/2 c.
8 oz.	1 c.
16 oz.	1 lb.
1 oz.	2 Tbsp. fat or liquid
2 c.	1 pt.
2 pt.	1 qt.
1 qt.	4 c.
5/8 c.	1/2 c. + 2 Tbsp.
7/8 c.	3/4 c. + 2 Tbsp.
1 jigger	1 1/2 fl. oz. (3 Tbsp.)
8 to 10 egg whites	1 c.
12 to 14 egg yolks	1 c.
1 c. unwhipped cream	2 c. whipped
1 lb. shredded American cheese	4 c.
1/4 lb. crumbled Bleu cheese	1 c.
1 lemon	3 Tbsp. juice
1 orange	1/3 c. juice
1 lb. unshelled walnuts	1 1/2 to 1 3/4 c. shelled
2 c. fat	1 lb.
1 lb. butter	2 c. or 4 sticks
2 c. granulated sugar	1 lb.
3 1/2–4 c. unsifted powdered sugar	1 lb.
2 1/4 c. packed brown sugar	1 lb.
4 c. sifted flour	1 lb.
4 1/2 c. cake flour	1 lb.
3 1/2 c. unsifted whole wheat flour	1 lb.
4 oz. (1 to 1 1/4 c.) uncooked macaroni	2 1/4 c. cooked
7 oz. spaghetti	4 c. cooked
4 oz. (1 1/2 to 2 c.) uncooked noodles	2 c. cooked
28 saltine crackers	1 c. crumbs
4 slices bread	1 c. crumbs
14 square graham crackers	1 c. crumbs
22 vanilla wafers	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat
1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour
1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
1 teaspoon **baking powder** = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
1 cup **sweet milk** = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda
3/4 cup **cracker crumbs** = 1 cup bread crumbs
1 cup **cream, sour, heavy** = 1/3 cup butter and 2/3 cup milk in any sour milk recipe
1 teaspoon **dried herbs** = 1 tablespoon fresh herbs
1 cup **whole milk** = 1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
2 ounces **compressed yeast** = 3 (1/4 ounce) packets of dry yeast
1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion
1 tablespoon **prepared mustard** = 1 teaspoon dry mustard
1/8 teaspoon **garlic powder** = 1 small pressed clove of garlic
1 lb. **whole dates** = 1 1/2 cups, pitted and cut
3 medium **bananas** = 1 cup mashed
3 cups **dry corn flakes** = 1 cup crushed
10 **miniature marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven	250° to 300°F.
Slow oven	300° to 325°F.
Moderate oven	325° to 375°F.
Medium hot oven	375° to 400°F.
Hot oven	400° to 450°F.
Very hot oven	450° to 500°F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8 oz.	1 cup
Picnic	1 1/4 cups
No. 300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

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BEVERAGES

PARTY PUNCH

1 (6 oz.) pkg. strawberry jello
2 qt. water
1 c. sugar
½ c. lemon juice
46 oz. pineapple juice
2 liters ginger ale

Dissolve jello and sugar in 1 quart water. Add remaining 1 quart cold water. Remove from heat and put into a gallon container. Add lemon juice and pineapple juice. Freeze to slush, stirring occasionally (approximately 6 hours). When ready, pour into a large punch bowl and add ginger ale. Serve slushy.

Kim O'Hara

CHOCOLATE MILKSHAKE

1 to 2 eggs
2 tsp. sugar
Dash of vanilla
2 c. milk
4 tsp. chocolate mix

Fill blender with ingredients and mix.

Dottie Wright

HOMEMADE IRISH CREAM LIQUEUR

1¾ c. Irish whiskey
1 (14 oz.) can Eagle Brand sweetened condensed milk
1 c. (½ pt.) whipping or light cream
4 eggs (Grade A, clean, uncracked)
2 Tbsp. chocolate flavored syrup
2 tsp. instant coffee
1 tsp. vanilla extract
½ tsp. almond extract

In blender container, combine all ingredients; blend until smooth. Store, tightly covered, in refrigerator up to 1 month. Stir before serving. Return leftovers to refrigerator.

Laurie M. Register

Notes

SOUPS \ SALADS

A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

BASIL-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

OREGANO-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

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HOMEMADE SOUP

1 can peas, drained
1 can carrots, drained
1 can corn, drained
1 can green beans, drained
1 can mushrooms, drained
1 onion, chopped
1 c. chopped celery
2 cans whole tomatoes
1 lb. ground beef

Brown ground beef and onions. Pour off grease. In a large pot, add all vegetables and tomatoes. Add seasoning and let simmer on medium for 20 minutes.

Page Williamson

TACO SOUP

2 lb. ground beef
1 large onion, chopped
4 cans tomatoes
1 can pinto beans
1 can red beans
1 can whole kernel corn
1 can chopped chili pepper
1 pkg. taco seasoning mix
1 pkg. Ranch dressing mix

Brown beef and onions together. Add rest of ingredients and simmer 2 hours. Do *not* add salt. (Taco seasoning and Ranch dressing have salt.) This makes a big pot of soup. It freezes well.

Sandra Thompson

V-8 SOUP

1 can V-8 juice
1 lb. frozen vegetables
½ lb. hamburger

Stir-fry hamburger; pour off grease. Add can of V-8 juice and vegetables. Let simmer 15 to 20 minutes, or until vegetables are done.

Canned vegetables can be substituted. Use grated cabbage if you like cabbage in your soup.

Quick and easy - less than ½ hour to prepare and serve.

Patsy K. Svendsen

TASTY SHRIMP SALAD

2 lb. large shrimp
2 (7 oz.) boxes elbow macaroni
1 diced bell pepper
1 small onion, diced
7 hard-boiled eggs
⅓ c. mayonnaise
Salt
Black pepper

Shell and devein shrimp. In 3 quart saucepan over high heat, heat water to boiling. Add shrimp and 1 teaspoon salt. Heat to boiling. Reduce heat to low. Cook 1 minute or until shrimp turn opaque throughout; drain. Cool in refrigerator. Cook macaroni according to package directions; drain and rinse. Let cool in refrigerator.

In large bowl, mix shrimp, macaroni, diced bell pepper, onion, and hard-boiled eggs. Add mayonnaise. Salt and pepper to taste. Mix well. Refrigerate at least 3 hours.

May want to add more mayonnaise before serving. Garnish with bell pepper pieces.

Joyce Parker

BROCCOLI SALAD

1 bunch broccoli
2 Tbsp. diced onion
6 to 7 slices bacon, fried and crumbled
¾ c. mayonnaise
¼ c. sugar
2 Tbsp. vinegar
¼ c. sesame nut mix

Early in the day, wash broccoli. Cut off flowerets; rinse and drain. Add onion and refrigerate. (Raisins may be added at this point if desired.) Just before serving, add nuts and bacon to broccoli mixture. Mix mayonnaise, sugar, and vinegar to make a dressing. Pour over broccoli to coat.

Gay Licko

MARSHA'S BROCCOLI SALAD

2 to 3 heads broccoli
1 c. fried crisp bacon
1 c. chopped celery
1 c. cut-up grapes
½ bunch chopped green onions
½ to 1 c. slivered almonds
1 c. raisins
2 Tbsp. vinegar
½ c. sugar
1 c. mayonnaise

Toss together first 7 ingredients. Combine vinegar, sugar, and mayonnaise. Add to other ingredients. Chill.

Vicki Johnston

EASY SALAD

4 c. chopped broccoli
1 chopped onion
4 slices cooked bacon
½ head chopped lettuce

Dressing:

1 c. mayonnaise
½ c. sugar
3 tsp. vinegar

Mix broccoli, lettuce, onion, and bacon into bowl. Mix up dressing. Pour over salad. Serve chilled.

Page Williamson

LUNCHEON SALAD

1 (20½ oz.) can pineapple chunks
2 (12 oz.) ctn. cream-style cottage cheese (3 c.)
1 c. halved pitted dark sweet cherries
3 oranges, peeled and sectioned
1 banana, peeled and cut in sixths
1 c. halved seedless green grapes
½ c. mayonnaise or salad dressing
½ c. whipping cream, whipped

Drain pineapple, reserving ½ cup syrup. Arrange pineapple, cottage cheese, cherries, oranges, banana, and grapes on lettuce-lined plates. Prepare dressing by folding ½ cup reserved syrup and mayonnaise into whipped cream. Chill salads and dressing separately. At serving time, pass dressing. Makes 6 servings.

To keep banana pieces attractive and bright, dip ascorbic acid color keeper or dip in lemon juice mixed with a little water.

Blonnie Akers

LAYERED SALAD

1 head lettuce, broken into small bites
1 can tiny English peas
1 c. finely chopped celery
1 c. finely chopped green pepper
1 c. grated carrots
1 c. grated Cheddar cheese
1 c. chopped onions
1 c. sliced water chestnuts, drained

Layer ingredients in order listed. Cover and refrigerate at least overnight. Dressing may be spread on top of salad before refrigerating. Chopped ham, bacon bits, or other meat may be added on top of dressing.

Dressing:

1½ c. mayonnaise
1 Tbsp. vinegar
1 Tbsp. sugar

Combine and spread evenly on top of salad.

Paula Tanner, Mary Manning

PRETZEL SALAD

Crust:

2 c. crushed pretzels
¼ c. sugar
1½ sticks melted margarine

Second layer:

8 oz. cream cheese
1 c. sugar
2 c. Cool Whip

Third layer:

2 (10 oz.) pkg. frozen strawberries
2 c. pineapple juice
6 oz. strawberry jello

Mix crust ingredients and spread in 9x13 inch greased baking dish. Bake at 350° for 10 minutes. Cool. Mix cream cheese, sugar, and Cool Whip. Spread over crust. Heat pineapple juice and dissolve jello in it. Add strawberries. Refrigerate until it begins to thicken. Spread over cream cheese layer. Let it set in refrigerator until it is congealed.

Sandra Thompson

DILL-AND-SOUR CREAM POTATO SALAD

3 lb. unpeeled new potatoes
⅔ c. mayonnaise
1 (8 oz.) ctn. sour cream
1 Tbsp. chopped fresh dill
2 tsp. chopped fresh parsley
½ tsp. salt
½ tsp. pepper
Fresh dill weed sprig (garnish)

Cook unpeeled potatoes in boiling, salted water to cover for 15 minutes or until tender; drain and let cool to touch. Leaving skins on, cut potatoes into eighths. Place in large bowl. Combine mayonnaise and next 5 ingredients; add to potatoes, tossing gently. Cover and chill 8 hours. Garnish if desired. Yield: 8 servings.

Suzanne Godfrey

GERMAN POTATO SALAD

5 lb. potatoes
1 lb. bacon
4 hard-boiled eggs
Morton's Nature's Seasons
½ c. apple cider vinegar
1 c. diced celery (optional)
1 c. diced onions (optional)
1 c. diced bell pepper (optional)

Boil potatoes; peel and cut into chunks. Cut bacon into ½ strips and fry. Cut hard-boiled eggs into chunks. Mix potatoes, bacon, eggs, and vinegar in large bowl. Add ½ cup of your bacon oil left from cooked bacon. Toss gently to mix and add Morton's Nature's Seasons to taste. Add optionals.

Katherine Hall

BROCCOLI CASSEROLE

2 pkg. frozen broccoli, chopped
1 scant c. mayonnaise
1 can cream of mushroom soup
2 c. shredded cheese
Ritz crackers, crumbled
Butter

Preheat oven to 375°. Thaw broccoli. In bowl, mix mayonnaise, soup, and cheese. Fold broccoli into mixture. Pour into casserole dish. Spread Ritz crackers (crumbled) on top. Sprinkle with butter. Bake, uncovered, for 35 to 40 minutes.

Deena D. Huber

BROCCOLI CASSEROLE

2 pkg. frozen chopped broccoli
1 can cream of mushroom soup
1 medium onion, chopped
1 c. mayonnaise
1 c. Cheddar cheese, grated
2 eggs, lightly beaten
Salt and pepper to taste
Ritz cracker crumbs

Cook broccoli until just thawed; drain. Combine broccoli with all remaining ingredients, except cracker crumbs. Spoon into 2 quart casserole. Cover with cracker crumbs. Bake in a 375° oven for 45 minutes.

Vicki Johnston

SWEET POTATO CASSEROLE

5 c. cooked, mashed sweet potatoes
½ c. sugar
½ c. milk
½ c. butter or margarine, melted
2 eggs, beaten
1 tsp. vanilla extract
½ c. brown sugar, packed
¼ c. all-purpose flour
2½ Tbsp. butter or margarine, melted
½ c. chopped pecans

Combine first 6 ingredients, mixing well. Spoon mixture into lightly greased 12x8x2 inch baking dish. Set aside.

Combine remaining 4 ingredients; sprinkle over potatoes. Bake, uncovered, in a 350° oven for 30 to 40 minutes.

Vicki Johnston

SQUASH CASSEROLE

6 c. squash
¼ c. chopped onion
1 (10¾ oz.) can cream of chicken soup
1 c. sour cream
1 c. shredded carrots
½ stick butter or margarine
1 (8 oz.) pkg. Pepperidge Farm stuffing

Grease a 9x12 inch pan. Cook squash and onions for 10 minutes over medium heat. Drain, then set aside. Combine soup, sour cream, and shredded carrots; set aside.

Melt butter and mix with stuffing; spread ½ stuffing mixture in the greased 9x12 inch pan. Mash the squash and onion mixture; combine it with the soup, sour cream, and carrot mixture. Spread this over the stuffing already in pan. Top squash mixture with the remaining stuffing. Bake at 350° for 40 minutes.

Linda Melville

SQUASH CASSEROLE

4 to 5 c. cooked yellow squash
1 medium onion, cooked with squash
2 eggs, beaten
½ c. mayonnaise
1 (1.1 oz.) pkg. Hidden Valley Ranch mix
1 c. grated cheese (Cheddar)
12 saltine crackers, crumbled
Salt and pepper to taste

Mix all ingredients, except cracker crumbs. Sprinkle with cracker crumbs. Bake at 325° for 30 minutes.

Tally Piscopo

SUMMER SQUASH CASSEROLE

6 c. summer squash, scrubbed and cubed
¼ c. chopped onion
1 c. grated carrots
1 can cream of mushroom soup
1 c. sour cream
½ c. butter, melted
1 pkg. stuffing mix

Bring squash and onions to a boil. Boil 5 minutes. Drain well. Mix soup and sour cream; add carrots, squash, and onion. Mix butter and stuffing mix. Mix with squash mixture. Bake at 350° for 25 to 30 minutes in a small casserole dish.

Joan Flynn

VEGETABLE CASSEROLE

1 can French-style green beans, drained
½ c. chopped celery
½ c. chopped green pepper
½ c. sour cream
1 can white corn, drained
½ c. chopped onion
¼ c. grated sharp cheese
1½ c. crushed cheese crackers
1 can mushroom soup
¼ c. margarine
½ c. sliced almonds

Mix drained beans, corn, celery, green pepper, and onion. Alternate 1 layer of vegetables with a layer of soup, grated cheese, then sour cream. Bake 25 minutes at 350°. Melt margarine and stir in crackers and almonds. Spread this on top of casserole and cook for 10 minutes.

Tammy Munoz

POTATO AND SOUR CREAM CASSEROLE

1 (2 lb.) pkg. frozen hash browns, thawed
2 c. shredded Cheddar cheese
4 Tbsp. margarine, cut up
1 can condensed cream of chicken soup
1 pt. dairy sour cream
½ c. chopped onions
1 tsp. salt
½ tsp. pepper
2 c. crushed corn flakes
4 Tbsp. melted margarine

Mix together first 8 ingredients. Spread in a 9x13 inch baking pan. Mix corn flakes and melted margarine. Sprinkle over top of potato mixture. Bake, uncovered, at 350° for 45 minutes. Serves 8.

Carol Myers

BROCCOLI-CHEESE SOUFFLE

1 stick butter
5 Tbsp. flour
6 eggs
2 lb. cottage cheese
8 oz. American cheese, cut in pieces
1 pkg. broccoli, chopped

Melt butter in 9x12 inch casserole. Mix in flour; mix in eggs. Add remaining ingredients and mix everything together. Bake for 1 hour at 350°. Serves 8.

Carol Myers

MA'S CORN PUDDING

2 eggs
⅓ c. sugar
1⅓ Tbsp. flour
1 c. milk
1 lb. cream style corn
2 Tbsp. margarine, melted (or butter)

Mix eggs, sugar, and flour; add corn, margarine, and milk. Pour into a 1½ quart baking dish. Bake, uncovered, about 45 minutes at 375°.

Kim Parker

NEW (SMALL) POTATOES

½ c. Parmesan cheese
½ c. flour
New (small) potatoes
Butter

Combine Parmesan cheese and flour. Toss peeled potatoes in mixture. Place in greased baking dish and drizzle butter over top. Bake at 375° until brown.

Nancy Long

DUTCH OVEN POTATOES

5 to 6 potatoes, peeled
1 lb. ground beef
1 small onion, chopped (optional)

Brown ground beef and onion, then slice potatoes into beef mixture. Put 1 cup of water in pan with potatoes and beef. Cook for 1 hour over open fire or oven at 350°. Do not stir.

It can also be done in a large frying pan or a Dutch oven.

Dottie Wright

SWEET POTATO DELIGHT

3 c. boiled sweet potatoes
1 c. sugar
2 eggs
¼ c. melted butter
1 tsp. vanilla
½ tsp. salt
½ c. milk

Topping:

½ stick butter
1 c. brown sugar
½ c. flour
1 c. chopped pecans

Cook 4 to 5 medium potatoes until tender. Drain and mash potatoes. Mix ingredients together with potatoes and pour into buttered dish. Melt butter for topping and mix with other ingredients. Put on top of potato mixture and bake for 30 minutes at 350°.

Linda J. Johnson

Notes

MAIN DISHES

MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing rib roast (10 inch) ribs (If using shorter cut (8-inch) ribs, allow 30 min. longer)	4	1¾ 2 2½	140° (rare) 160° (medium) 170° (well done)
	8	2½ 3 4½	140° (rare) 160° (medium) 170° (well done)
Rolled ribs	4	2 2½ 3	140° (rare) 160° (medium) 170° (well done)
	6	3 3¼ 4	140° (rare) 160° (medium) 170° (well done)
Rolled rump (Roast only if high quality. Otherwise, braise.)	5 3	2¼ 160° (medium) 3¼	140° (rare) 170° (well done)
Sirloin tip (Roast only if high quality. Otherwise, braise.)	3	1½ 2 2¼	140° (rare) 160° (medium) 170° (well done)
LAMB			
Leg	6	3 3½	175° (medium) 180° (well done)
	8	4 4½	175° (medium) 180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb.	325°	2½ to 3 hr.
	8 to 12 lb.	325°	3 to 3½ hr.
	12 to 16 lb.	325°	3½ to 4 hr.
	16 to 20 lb.	325°	4 to 4½ hr.
	20 to 24 lb.	300°	5 to 6 hr.
CHICKEN (Unstuffed)	2 to 2½ lb.	400°	1 to 1½ hr.
	2½ to 4 lb.	400°	1½ to 2½ hr.
	4 to 8 lb.	325°	3 to 5 hr.
DUCK (Unstuffed)	3 to 5 lb.	325°	2½ to 3 hr.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

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MAIN DISHES

OPULENT CHICKEN

4 chicken breasts, split
Paprika
Salt and pepper
1 stick butter, divided
1 (15 oz.) can artichoke hearts, drained
8 oz. fresh mushrooms
Pinch of tarragon
⅓ c. sherry
1½ c. chicken bouillon
1 (6 oz.) box Uncle Ben's wild and white rice, cooked

Season chicken with paprika, salt, and pepper. Saute in ½ stick butter until golden brown. Arrange chicken and artichokes in a large casserole. Saute mushrooms in remaining butter with tarragon. Sprinkle the flour gently into the mushrooms and butter and mix in. Add sherry and bouillon. Stir while simmering 5 minutes. Pour over casserole; cover and bake at 375° for 45 minutes. Serve over cooked rice. Makes 4 servings.

Eileen de Haro

COMPANY BAKED CHICKEN

4 whole chicken breasts, split, skinned, and boned
8 (4x4 inch) slices Swiss cheese
1 (10¾ oz.) can cream of chicken soup (undiluted)
¼ c. dry white wine
1 c. herb-seasoned stuffing mix, crushed
¼ c. butter or margarine, melted

Arrange chicken in a lightly greased 13x9x2 inch baking dish. Top with cheese slices. Combine soup and wine, stirring well. Spoon sauce evenly over chicken. Sprinkle with stuffing mix. Drizzle butter over crumbs. Bake at 350° for 45 minutes.

Laurie M. Register

POPPY SEED CHICKEN

8 cooked chicken breasts (boneless is best)
2 cans cream of chicken soup
8 oz. sour cream
1½ sleeves Ritz crackers
1½ sticks butter, melted
2 tsp. poppy seeds

Cut cooked chicken breasts into small pieces. Place in bottom of baking dish. Mix soup and sour cream together. Pour over chicken. Crush crackers. Mix crackers and butter together. Put on top of soup and sour cream mixture. Sprinkle poppy seed on top. Bake about 30 minutes at 375°.

Tonya Taylor

EASY CHICKEN PARMIGIANA

½ c. sliced onion
1 clove garlic, minced
1 Tbsp. olive oil or sweet butter
1 (14½ oz.) can Del Monte stewed tomatoes (no salt)
1 Tbsp. cornstarch
1 tsp. basil
2 half chicken breasts, skinned and boned
⅓ c. shredded Mozzarella cheese
2 tsp. chopped parsley

Saute onion and garlic in oil. Stir in tomatoes, cornstarch, and basil. Cook, stirring constantly, until thickened. Slightly flatten chicken breasts; place in 9x9 inch baking dish. Cover loosely with foil; bake at 425°F. for 15 minutes. Remove foil and pour tomato mixture over chicken; top with cheese and heat through. Garnish with parsley. Serves 1 or 2.

Nancy Long

CHICKEN ENCHILADAS

1 lb. boneless skinless chicken breasts, cut into small pieces
1 red bell pepper, chopped
1 green bell pepper, chopped
½ c. chopped onion
1 Tbsp. chopped fresh cilantro or 1 tsp. dried cilantro leaves
1 (16 oz.) can refried beans
1 (10 oz.) can mild enchilada sauce
1 (8 oz.) can tomato sauce
8 (8 inch) flour tortillas
3 oz. (¾ c.) shredded lowfat Cheddar cheese

Heat oven to 350°. Spray 13x9 inch baking dish with nonstick cooking spray. Spray large skillet with nonstick cooking spray. Heat over medium-high heat until hot. Stir-fry chicken for 2 minutes. Add bell peppers, onion, and cilantro; stir-fry for 3 to 4 minutes or until chicken is no longer pink. Remove from heat; stir in beans.

In medium bowl, combine enchilada sauce and tomato sauce; blend well. Spoon 2 tablespoons of sauce into bottom of spray-coated baking dish; reserve remaining sauce. Spoon ½ cup of chicken filling down center of each tortilla; roll up. Place, seam side down, in baking dish. Pour remaining sauce over enchiladas. Cover. Bake at 350° for 30 to 40 minutes. Sprinkle with cheese. Let stand 5 minutes.

Suzanne Godfrey

CHICKEN CASSEROLE

3 or 4 lb. chicken, cooked and boned
1 can cream of mushroom soup
¾ c. milk
1 small pkg. turkey dressing
1 c. chicken broth
1 stick margarine

Spread chicken that has been cut up in bite-size pieces in a 9x12 inch buttered pan or dish. Combine soup and milk and pour over chicken. Mix dressing, chicken broth, and melted butter. Crumble over chicken and soup mixture. Bake at 350° until bubbly for about 20 minutes.

Joan Flynn

CHICKEN DIVAN WITH CHEESE SAUCE

2 (10 oz.) pkg. frozen broccoli
12 oz. cooked chopped chicken
Cheese sauce
Bread crumbs
Butter or margarine
2 to 3 oz. grated Cheddar cheese

Cheese Sauce:

2 Tbsp. butter
2 Tbsp. flour
2 c. milk
1 c. grated Cheddar cheese
½ tsp. salt
¼ tsp. white pepper

Cook broccoli according to package directions. Drain and place in buttered baking dish. Cover with chicken and cheese sauce. Sprinkle bread crumbs over mixture and dot with butter. Sprinkle grated Cheddar over all and brown in a hot oven.

Cheese Sauce: Melt butter in saucepan. Using a whisk, stir in flour until blended. Add milk slowly and stir until sauce is smooth and milk slightly bubbles. Reduce heat and add cheese, salt, and pepper. Continue to stir until cheese is melted and sauce is well blended. Pour over chicken and broccoli.

Kathryn Fisher

"I NEVER THOUGHT I COULD MAKE CHICKEN AND DUMPLINGS GOOD AS MAMA"

Boneless chicken
½ can mushroom soup
Bouillon cubes
Water
Carrots
Celery
1 pkg. biscuit mix (Redi buttermilk mix)

Start water. Add chicken, carrots, celery, soup, and bouillon cubes (I add 1 cube for each cup of water). Stir up biscuit mix; let set while mixture cooks, about 25 minutes. Add dough to mixture; drop by tablespoon. Let cook about 5 minutes. Serve in bowl or over rice. If not thick enough, add a little corn starch. *Quick and easy - about ½ to make.*

Patsy K. Svendsen

LEMON CHICKEN PASTA

½ lb. boneless, skinless chicken breasts
1 clove garlic, chopped
¼ c. lemon juice
1 lb. pasta
4 c. chicken stock
1 Tbsp. olive oil
1 onion, chopped
1 c. carrots, chopped
1 c. zucchini, sliced
1 c. mushrooms, sliced
1 Tbsp. ReaLemon
¼ c. parsley, chopped
¼ tsp. salt
¼ tsp. black pepper

Dice chicken and place in a shallow bowl. Add garlic and lemon juice. Cover with plastic wrap and refrigerate 2 hours. Cook pasta. Drain and rinse thoroughly with cold water. Reduce chicken stock by half. Boil in uncovered saucepan, leaving 2 cups reduced stock. Drain chicken.

In large frying pan or wok, over high heat, quickly stir-fry chicken in olive oil. Add onion, carrots, and chicken broth; bring to a boil. Add mushrooms, zucchini, pasta, 1 tablespoon lemon juice, parsley, salt, and pepper. Toss while continuing to heat until pasta is coated with sauce. Makes 4 servings.

Gay Licko

CHICKEN SPAGHETTI

1 chicken, boiled and deboned (save broth)
4 oz. spaghetti
1 bell pepper
½ lb. Velveeta cheese
½ c. milk
1 can cream of mushroom soup
½ onion, chopped
½ stick butter
Green olives, chopped

Cook spaghetti in chicken broth. Saute onion and bell pepper in butter. Mix milk and Velveeta in a saucepan until warm. Place all ingredients in an ovenproof dish and heat at 350° for 25 minutes.

Tally L. Piscopo

BARBECUE HOT DOGS

3 to 4 packs beef hot dogs
1 large bottle Kraft barbecue sauce (any flavor)
1 cream of mushroom soup

Put barbecue sauce and mushroom soup into a crock pot. Add hot dogs cut into bite-size pieces. Stir until all hot dogs are covered. Simmer on low for about 1 hour or until sauce is hot.

Janice Gurganus

BEEF LOAF

1 loaf French bread
1 lb. ground beef
1 can tomato soup
1 can cheese soup
Chopped onion (optional)

Cut bread in half lengthwise. Scoop out inside and break into bite-size pieces. Brown hamburger and onion. Drain. Add soups and bread pieces. Spoon into bottom crust and cover with top. Wrap in foil and bake at 350° for 30 minutes. Cut into slices.

This makes a lot and freezes well.

Debbie Bryan

FOIL-WRAPPED DINNER

1 to 1½ lb. beef round steak (½ inch thick)
1 (10 oz.) pkg. frozen green peas
4 medium carrots
4 medium potatoes, pared
1 (10½ oz.) can condensed cream of mushroom soup
1 env. onion soup mix
8 cherry tomatoes

Heat oven to 450°. Cut meat into 1 inch pieces. Place frozen peas in colander; run cold water over peas until just broken apart and drain. Take 4 pieces of heavy-duty aluminum foil (18x15 inches). On center of each piece, place 1 carrot (thinly sliced), 1 potato (quartered), and ¼ of the meat. Stir together soups; spoon soup mixture over meat and top with peas. Wrap securely. Place on ungreased baking sheet. Bake 50 minutes or until meat is tender. Before serving, garnish with cherry tomatoes.

LaRae Wiggins

SHANGHAI BEEF

1 lb. round steak, cut in thin strips
2 Tbsp. oil
2 Tbsp. cornstarch
1½ c. beef broth
1 c. (8 oz.) sliced water chestnuts, drained
1 medium red pepper, coarsely chopped
5 scallions, cut 1 inch diagonally
3 Tbsp. soy sauce
¼ tsp. pepper
1½ c. cooked rice

Saute beef in oil in large skillet until browned. Add cornstarch and stir until blended. Stir in broth, water chestnuts, red pepper, scallions, soy sauce, and pepper. Bring to a full boil, stirring frequently. Stir in rice. Cover and remove from heat. Let stand 5 minutes. Fluff with fork.

Kathryn Fisher

BARBECUE BEEF

1 lb. ground beef
1 small onion
1 green pepper, diced
1 Tbsp. barbecue spice
1 Tbsp. mustard
1 Tbsp. Worcestershire sauce
1 Tbsp. vinegar
1 Tbsp. sugar
1 c. ketchup

Saute onions and green peppers. Add ground beef to brown. Drain grease. Make a sauce of remaining ingredients and pour over the browned ground beef, onions, and green peppers. Simmer for 1 hour. Serve on buns.

Tara Parker

SCALLOPED OYSTERS

6 Tbsp. butter
2 c. crushed saltine crackers
1 pt. oysters
Salt and pepper to taste
½ c. milk
Parsley (to garnish)

Melt butter. Add cracker crumbs and mix well. In a medium greased baking dish, spread ⅓ cracker mixture. Arrange ½ oysters in 1 layer on top of crackers. Cover oysters with ½ of remaining crackers. Season with salt and pepper. Add a second layer of oysters and remaining crumbs. Pour milk over the top. Bake, uncovered, in preheated oven at 350° for 30 minutes or until top is brown. Garnish with parsley.

Jan Johnson

AUNT PEGGY'S SHRIMP STEW

3 lb. shrimp, peeled and deveined
1 large onion, sliced thinly
3 potatoes, peeled and sliced
1½ Tbsp. margarine
2 Tbsp. seafood seasoning (Old Bay)
Salt and pepper
Pastry

Cover onion, potato, margarine, and seasoning with water. (Allow enough water to add pastry and shrimp.) Bring to a boil. Reduce heat to cook slowly. When done, add pastry to boiling pot. Allow to cook, covered, until done, 15 to 20 minutes. Add shrimp. Cook only until shrimp turn pink. Don't overcook. Thicken broth.

Tara Parker

STUFFED CLAMS

1 c. ground clams
½ c. bread crumbs
½ c. Pepperidge Farm herb-flavored stuffing
1 egg, beaten
1 small onion, chopped
1 Tbsp. butter
3 green onions, minced
3 Tbsp. parsley
Salt and pepper

Combine clams, crumbs, and egg. Saute onion in butter for 6 minutes and add to clam mixture. Add green onions, parsley, salt, and pepper. Spoon into clam shells. Bake at 350° for 30 minutes.

Laurie M. Register

SHRIMP AND PEAS

1 c. shelled shrimp
2 Tbsp. margarine
2 Tbsp. flour
¾ c. milk
¼ c. half & half or canned evaporated milk
¾ c. tiny English peas, canned or precooked
Salt and pepper to taste

Boil shrimp or saute quickly in small amount of margarine and set aside. Melt the 2 tablespoons margarine; blend in the flour. Add milk and cook until thick, stirring constantly. Add shrimp, peas, salt, and pepper. Bring back to boiling. Serve immediately.

Tastes great served over wild rice.

Laurie M. Register

BOB'S FISH STEW

¼ lb. slab bacon
3 lb. potatoes
3 lb. onions
2 cans tomato soup
3 lb. fish, cut up in small chunks
1 doz. eggs
Salt and pepper to taste

Cut bacon into small pieces. Fry until golden brown. Add diced potatoes and onions. Cover with water. Add salt and pepper. Cook until potatoes are almost tender. Add fish; cook about 10 minutes. Put on low temperature. Add tomato soup and eggs. Simmer for about 10 minutes or until egg yolks are done.

Good served with baked corn bread.

Joyce Parker

SAUSAGE-WILD RICE CASSEROLE

1 (6 oz.) pkg. long grain and wild rice mix
1 lb. bulk pork sausage
1 (10 oz.) can cream of mushroom soup (undiluted)
1 c. chopped fresh (or canned) mushrooms
½ c. chopped onion
½ c. chopped green pepper
½ c. (2 oz.) shredded Cheddar cheese
½ c. chicken broth
¼ c. minced celery
1 tsp. dried parsley flakes
½ tsp. coarsely or regular ground pepper

Cook rice according to package directions; set aside. Brown sausage; stir to crumble and drain. Combine cooked rice, sausage, and remaining ingredients in a large bowl; mix well. Spoon into lightly greased 2 quart casserole. Bake at 350° for 1 hour.

Laurie M. Register

SAUSAGE CASSEROLE

1 lb. Jimmy Dean sausage
7 to 9 large potatoes, peeled and sliced
1 can cream of celery soup
1 can milk
1 large onion
1 c. Cheddar cheese

Fry sausage and onion together. Drain grease. Place sausage and onion mixture in bottom of baking dish. Place peeled potatoes on top of sausage. Cover completely. Put cream of celery soup on top of potatoes. Pour 1 soup can of milk on top of casserole. Sprinkle cheese on top. Bake at 375° for 30 minutes or until potatoes are cooked.

Tonya Taylor

TURKEY TORTILLA CASSEROLE

½ c. chopped onion
½ c. chicken broth
¼ c. chopped celery
3 c. chopped, cooked turkey or chicken
10 to 12 (6 inch) corn tortillas, torn into bite-size pieces
1 (4 oz.) can diced green chili peppers, drained
1 (10¾ oz.) can condensed cream of chicken soup
1 tsp. pepper
1 c. shredded Cheddar cheese
1 c. shredded Monterey Jack cheese
1 c. salsa

In a medium saucepan, combine onion, chicken broth, and celery. Bring to boiling; reduce heat. Simmer, covered, for 5 to 6 minutes or till vegetables are tender. In a large bowl, stir together undrained onion mixture, cooked turkey, corn tortillas, chili peppers, soup, and pepper. Reserve ½ cup of each cheese; set aside.

Stir remaining cheese into tortilla mixture. Transfer mixture to lightly greased 13x9x2 inch baking dish. Top with salsa and reserved cheeses. Bake in a 350° oven about 30 minutes or until heated through. Let stand 5 minutes before serving. Serves 10 to 12.

Tammy Munoz

SEVEN IN ONE CASSEROLE

1 lb. ground beef
1 medium size onion, chopped
1 can tomato soup
4 medium size potatoes, diced
1 can garden peas and carrots, mixed
1 can tomato soup

Precook ground beef and slightly brown. Put in casserole dish; layer potatoes, onions, garden peas, carrots, and ground beef. Make 2 layers if possible. Top casserole with can of tomato soup. Be sure to drain vegetables and do not add any water. Cook in oven with lid on for about 45 minutes to 1 hour at 350°.

Tammy Munoz

HASH BROWN CASSEROLE

1 (32 oz.) pkg. frozen hash brown potatoes
½ c. melted margarine
8 oz. shredded Cheddar cheese
1 c. onions, chopped
1 pt. sour cream
1 can cream of chicken soup
1 tsp. salt
½ tsp. garlic salt
1 c. corn flakes
¼ c. melted margarine

Partially defrost hash browns. Mix hash browns, ½ cup margarine, cheese, onions, sour cream, soup, and spices. Put into greased 9x13 inch dish. Sprinkle corn flakes on top of hash brown mixture; pour the ¼ cup margarine over the corn flakes. Bake, uncovered, in a 350° oven for 1 hour and 15 minutes.

Tammy Munoz

SPAGHETTI CASSEROLE

1 large jar Ragu
1 lb. ground beef
Large shredded American cheese
Parmesan cheese
½ lb. spaghetti
1 large can mushrooms, drained
1 onion, chopped

Brown beef and onion. Pour off fat. Cook noodles and drain. Add sauce and mushrooms to beef. In a deep casserole dish, pour sauce, noodles, and then cheese. Continue layering until all items are gone. Top with Parmesan. Cover and bake at 350° for 30 minutes.

Page Williamson

BREAKFAST CASSEROLE

1 lb. bulk sausage, fried, crumbled, and drained
9 eggs, beaten
1½ c. Cheddar cheese, grated
4 slices bread, cubed
3 c. milk
1 tsp. salt

Mix all ingredients and pour over bread cubes in greased casserole dish. Refrigerate overnight. Cook at 350° for 1 hour.

Debbie Bryan

PORK CHOP VEGETABLE CASSEROLE

6 pork chops
4 carrots
4 potatoes
1 medium onion, chopped
Salt and pepper
1 can tomato soup
1 soup can water
¼ tsp. garlic powder
1 tsp. Worcestershire sauce

Preheat oven to 400°. Brown chops in small amount of oil. Place in a 13x9 inch casserole dish with vegetables (cut potatoes and carrots into chunks or slice thickly). Mix remaining ingredients and pour over meat and vegetables. Cover and bake at 400° about 1½ hours or until tender. Serves 4 to 6.

Tammy Munoz

TURKEY TORTILLA CASSEROLE

½ c. chopped onion
½ c. chicken broth
¼ c. chopped celery
3 c. chopped, cooked turkey or chicken
10 to 12 (6 inch) corn tortillas, torn into bite-size pieces
1 c. salsa
1 (4 oz.) can diced green chili peppers, drained
1 (10¾ oz.) can condensed cream of chicken soup
1 tsp. pepper
1 c. shredded Cheddar cheese
1 c. shredded Monterey Jack cheese

In a medium saucepan, combine onion, chicken broth, and celery. Bring to boiling; reduce heat. Simmer, covered, for 5 to 6 minutes or till vegetables are just tender. In a large bowl, stir together undrained onion mixture, cooked turkey or chicken, corn tortillas, chili peppers, soup, and pepper. Reserve ½ cup of each cheese; set aside. Stir remaining cheese into tortilla mixture. Transfer mixture to a lightly greased 13x9x2 inch baking dish. Top with salsa and reserved cheeses. Bake in a 350° oven about 30 minutes or till heated through. Let stand 5 minutes before serving. Serves 10 to 12.

Tammy Munoz

HAMBURGER CASSEROLE

1 lb. hamburger
1 can tomato soup
2 c. sliced potatoes
Chopped onion to taste
1 can whole corn
1 c. diced cheese

Brown hamburger and onion. Add remaining ingredients. Place in casserole and bake at 325° for 1 hour. Cover when baking.

Nancy Long

BROCCOLI-CHEESE-RICE CASSEROLE

1½ c. raw rice
3 lb. chopped broccoli
1 large can cream of mushroom soup
3 c. milk
12 oz. American or Cheddar cheese
4 oz. onions
½ tsp. garlic powder
½ tsp. black pepper
½ tsp. oregano (optional)

Cook rice first. Combine rice, broccoli, undiluted soup, milk, cheese, onions, garlic powder, pepper, and oregano (optional). Pour mixture into a baking pan which has been lightly greased.

Optional topping: Combine 2 ounces of butter or margarine and 6 ounces of bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan. Bake at 350°F. for 30 minutes. Makes 25 (½ cup) servings.

Ms. R.K. White

PORK CHOP CASSEROLE

6 to 8 pork chops (boneless if desired)
1 Tbsp. prepared mustard
1 c. flour
1 can chicken/rice soup
2 Tbsp. oil

Brush both sides of pork chops with mustard. Dredge in flour. Brown in frying pan quickly on both sides. Remove from pan and pour off all remaining oil, except 1 tablespoon. Place 2 tablespoons flour in oil and saute until lightly browned. Add soup and 1 can of water to oil. Heat until thickened. Return pork chops to gravy and simmer for 30 to 40 minutes. May thin with water if it becomes too thick. Best when served with rice.

Laurie M. Register

CHICKEN BROCCOLI

1 cream of chicken soup
1 lb. broccoli
Chicken, cut up
1 lb. grated cheese
½ c. mayonnaise
1 tsp. lemon juice

Mix soup and mayonnaise. Layer chicken, broccoli, and cheese. Bake.

Dottie Wright

SHEPHERD'S PIE

6 servings instant mashed potato, prepared
1 lb. hamburger
1 medium onion
1 can creamy style corn

Brown hamburger and onions together. Drain off fat. Put ½ mashed potatoes in bottom of a 1½ quart casserole dish. Top with ½ hamburger. Cover with can of corn. Put remaining hamburger on top. Finish by covering with remaining mashed potato. Bake at 350° for 1 hour.

Carol Hall

CREAMY SHELLS WITH BROCCOLI AND HAM

1 (1 lb.) pkg. medium size macaroni shells
½ lb. cooked ham
1 (10 oz.) pkg. frozen broccoli spears, thawed
1 clove garlic, crushed
½ c. butter or margarine
1 c. heavy cream
1 c. freshly grated Parmesan cheese

Cook macaroni in boiling salted water following package directions. Slice ham into slivers; cut broccoli into ½ inch pieces. Saute garlic, ham, and broccoli in butter in large skillet until broccoli is crisp-tender, about 5 minutes. Stir in heavy cream. Cook over medium heat for 3 minutes. Stir in cheese. Lower heat; cook, stirring frequently, until cheese is melted. Drain macaroni shells; toss with sauce.

You may decrease cooked macaroni by ¾ cup to improve flavor of dish.

Laurie M. Register

SAUSAGE, PEPPERS, AND ONIONS

1 to 1½ lb. Italian sausage (mild or hot)
2 or 3 Tbsp. olive oil
2 large onions, slivered
4 green peppers, cut in strips
2 (8 oz.) cans tomato sauce
½ to 1 can water (may be added if too thick)
½ tsp. garlic powder
½ tsp. oregano

Cut sausage into pieces. Put olive oil in frying pan. When hot, add sausage and cook until they start to become brown. Add onions and peppers. Cook until they are soft, not too brown. Add tomato sauce, garlic powder, and oregano. Cover and cook on low for 30 minutes.

May be eaten on top of rice, spaghetti, or Italian bread as a sandwich.

Carolann Tighe

TOMATO DUMPLINGS

3 cans whole tomatoes, cut up
Salt and pepper

Dumplings:

4 c. plain flour
⅓ c. lard

Pour tomatoes and juice into large pot; let simmer for 20 minutes. While simmering, mix flour and lard together. Add water (small amounts) to dough. Knead into a ball. Pinch off small pieces and drop into low boiling tomatoes. Do not mix; just drop into sauce. Turn burner off. Let set for 5 minutes.

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CANNELLONI

1½ c. Ricotta cheese
2 eggs
3 Tbsp. grated Parmesan
1 tsp. basil
⅛ tsp. pepper
1 (10 oz.) frozen spinach, cooked
1 large clove garlic
½ tsp. salt
Pinch of nutmeg

Combine preceding ingredients. Cook and drain 12 ounce package manicotti shells. Stuff with 1½ tablespoons filling each. Put layer of Italian cooking sauce in bottom of 9x15 inch baking dish. Add cannelloni; top with remaining sauce. Sprinkle with cheese. Bake 30 minutes at 350°, until bubbly.

May also add browned ground beef to the filling if desired.

Paula Tanner, Mary Manning

FROZEN BREAD PIZZA

1 loaf frozen bread dough
1 can Contadina pizza sauce
Sliced pepperoni
Mozzarella cheese

Take out frozen dough early in the day and cover with margarine. Grease large pizza pan and place greased dough onto it. When soft, spread out. Cover with plastic wrap; keep spreading and let rise until ready to use.

Put sauce, pepperoni, and cheese on top and anything else you like. Bake at 425° for 20 minutes. Serves 4 to 6.

Carol Myers

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STIR-FRY CABBAGE AND KIELBASA

1 head cabbage
1 Tbsp. curry powder
3 or 4 Tbsp. margarine
1 lb. Polska kielbasa
2 or 3 onions (optional)

Shred cabbage and onions (optional). Slice Polska kielbasa (thin). Melt margarine; stir in curry powder. Stir in shredded cabbage and onions and sliced Polska kielbasa. Cover and cook over medium heat for 15 to 20 minutes. Stir mixture 2 or 3 times. Serve hot.

Katherine Hall

STIR-FRY BEEF AND NOODLES

1 lb. beef steak
1 pkg. egg noodles
1 head cabbage
2 or 3 onions, chopped
1 pkg. bean sprouts
1 or 2 bell peppers
2 Tbsp. oil
3 Tbsp. soy sauce
½ Tbsp. corn starch

Cook egg noodles according to package; drain. Shred cabbage, onions, and bell peppers; put in boiling water 15 minutes. Drain well. Cut beef into 2 inch wide strips. Combine meat with corn starch. Heat oil in wok over medium-low heat. Add beef mixture and stir constantly until done. Stir in cabbage, onions, bell peppers, and bean sprouts. Continue stirring. Add egg noodles and soy sauce. Stir and serve immediately. Serves 4 to 6.

Katherine Hall

STUFFED MANICOTTI

1 lb. mild bulk pork sausage
2 (15 oz.) cans Hunt's tomato sauce (Italian)
1 (16 oz.) can Hunt's tomato paste
¼ c. water
½ Tbsp. packed light brown sugar
1 (15 oz.) ctn. Ricotta cheese
3 c. shredded Mozzarella cheese
1 egg
1 tsp. parsley flakes
12 manicotti noodles, cooked, rinsed, and drained
Grated Parmesan cheese

In large saucepan, brown sausage; drain. Remove half of sausage; set aside. Stir tomato sauce, paste, water, and brown sugar into sausage; simmer 15 minutes. Meanwhile, in medium bowl, combine remaining sausage, Ricotta, 2 cups Mozzarella, egg, and parsley.

In 13x9x2 inch baking dish, pour ⅓ spaghetti sauce mixture. Stuff manicotti noodles with Ricotta mixture and place on top of sauce. Pour remaining sauce over filled noodles; top with remaining Mozzarella and sprinkle with Parmesan. Bake, uncovered, at 350° for 20 minutes. Makes 6 to 8 servings.

Laurie M. Register

PIZZA CUPS

¾ lb. ground beef
1 (6 oz.) can tomato paste
1 Tbsp. minced onion
1 tsp. Italian seasoning
1 (10 oz.) can refrigerated biscuits
½ to ¾ c. shredded Mozzarella cheese

Brown and drain beef. Stir in tomato paste, onion, and seasonings. Cook over low heat for 5 minutes. Place biscuits in greased muffin tin, pressing to cover bottom and sides. Spoon ¼ cup meat into biscuit cups and sprinkle with cheese. Bake at 400° for 12 minutes or until brown.

Tara Parker

SPAGHETTI PASTA

1 (8 oz.) bottle Zesty Italian dressing
16 oz. spaghetti noodles
1 medium tomato
1 large cucumber
½ bell pepper
1 small onion
Salt and pepper to taste
1 tsp. spicy-pepper seasoning

Cook noodles according to directions on box. Drain and rinse. Pour into casserole dish. Cut up vegetables and add to noodles. Add salt, pepper, and seasoning. Pour dressing over mixture and toss. Sprinkle with more seasoning. Refrigerate for about 1 hour before serving.

Linda J. Johnson

CHILI

1 can chili/beans
1 can chili (no beans)
1 lb. hamburger
Onions
Cheese
Sour cream

Stir-fry hamburger; pour off grease. Add both cans of chili. Let simmer about 15 minutes. Top with fresh cut onions/cheese/sour cream. Can be served as is or over rice.

Quick and easy; less than ½ hour to prepare and serve.

Patsy K. Svendsen

TURKEY CHILI

1 onion, chopped
2 garlic cloves, minced
3 stalks celery, chopped
1 green pepper, chopped
2 Tbsp. canola oil
8 oz. turkey breast, cubed
1 c. white or red wine
1 to 2 Tbsp. chili powder
1 Tbsp. thyme
1 Tbsp. oregano
Dash of salt
28 oz. crushed tomatoes
15 oz. kidney beans, drained
15 oz. chickpeas, drained

Saute onion, garlic, celery, and green pepper in oil. Add turkey and saute for 5 minutes. Add remaining ingredients. Stir and simmer, stirring occasionally. Serves 4 small servings.

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CHEESE QUICHE

1 bunch scallions
1 box mushrooms
4 eggs
4 Tbsp. flour
1 c. milk
1 c. mayonnaise
1 lb. Swiss cheese, shredded (you may substitute this with your favorite cheese)

Fry scallions and mushrooms in oil or butter. Combine all ingredients in a bowl. Bake in 2 (9 inch) pie shells for 45 minutes at 350°.

Carolann Tighe

JANE'S SAUSAGE QUICHE

½ lb. sausage, cooked and drained
½ c. onion, chopped
1½ c. sharp Cheddar cheese, shredded
2 Tbsp. flour
2 eggs, beaten
1 small can evaporated milk
2 tsp. parsley flakes
1 pie crust

Preheat oven to 375°. Combine sausage, onion, cheese, and flour. Mix well and spread in unbaked pie crust. Beat together eggs, milk, and parsley. Slowly pour over sausage mixture. Place pie on baking sheet and bake for 35 to 40 minutes.

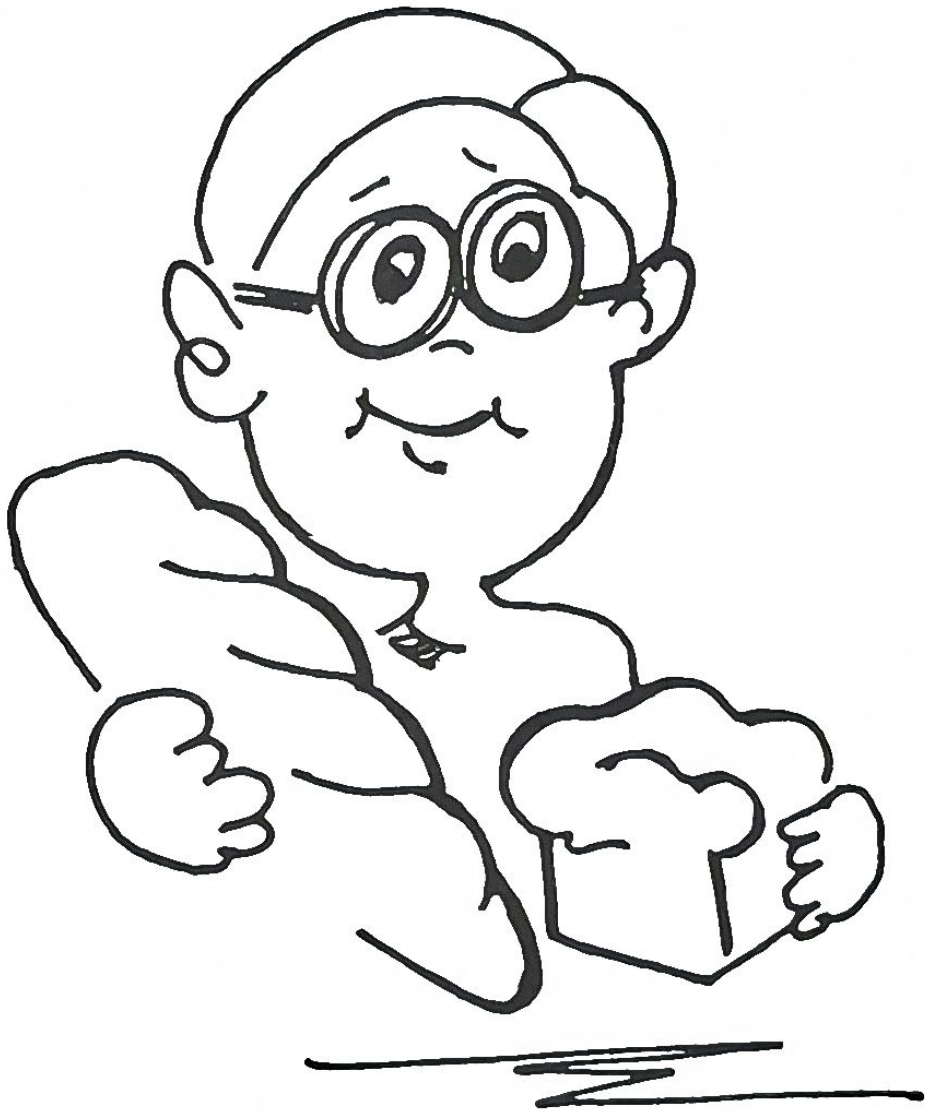
Tara Parker

5 HOUR STEW

2 lb. stew beef
3 potatoes, quartered
6 carrots (1 inch cubes)
1 c. celery (2 inches long)
2 onions
1 tsp. sugar
½ c. bread crumbs
1 tsp. salt
1 Tbsp. tapioca

Grease large casserole. Place all ingredients in casserole and mix. Pour 18 ounce can tomato sauce over mixture. Cover. Bake at 250° for 5 hours without peeking.

Joan Flynn



Breads

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon, 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes. .
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers, or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: Place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat leftover custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

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BREADS

HUSH PUPPIES

½ c. sifted flour
1 c. corn meal
1 onion, minced
1½ tsp. baking powder
1 egg
1 tsp. salt
1 tsp. sugar
½ c. milk

Combine all ingredients with just enough milk to moisten to rather a stiff dough. Drop from spoon into deep hot shortening until brown, about 3 to 4 minutes. Yield: 24 Hush Puppies.

Blonnie Akers

PUMPKIN BREAD

3 c. sugar
1 c. oil
2 c. pumpkin
4 eggs
⅔ c. water
1 c. chopped nuts
3⅓ c. all-purpose flour
½ tsp. baking powder
1 tsp. cinnamon
1½ tsp. salt
2 tsp. baking soda
1 tsp. nutmeg

Cream sugar and oil. Stir in pumpkin, eggs, water, and nuts. Blend in sifted dry ingredients. Bake in 3 or 4 small aluminum loaf pans for 1 hour at 350°.

Kathryn Fisher

BRAN MUFFINS

1 (15 oz.) box raisin bran flakes
5 c. all-purpose flour
3 c. sugar
1 Tbsp. + 2 tsp. baking soda
2 tsp. salt
4 eggs, beaten
1 qt. buttermilk
1 c. vegetable oil

Mix ingredients. Pour in greased muffin tins. Bake at 350° for 20 minutes until brown. Recipe will make several dozen.

Batter will keep a few days in refrigerator.

Tara Parker

CHOCOLATE TOWN PIE

1 (9 inch) unbaked pastry shell
½ c. butter, softened
2 beaten eggs
2 tsp. vanilla extract
1 c. sugar
½ c. all-purpose flour
1 c. semi-sweet chocolate chips
1 c. pecans or walnuts
Whipped cream (optional)

Preheat oven to 350°. In small bowl, mix butter, eggs, and vanilla. Add sugar and flour to mixture. Stir in chocolate chips and nuts. Pour mixture into pie shell and bake 45 to 50 minutes, or until golden brown. Cool for 1 hour or serve warm. Top with whipped cream.

Deena D. Huber

166-94

MA'S CHOCOLATE PIE

2 egg yolks
2 c. milk
2 Tbsp. flour
1 c. sugar
Pinch of salt
1 tsp. vanilla
⅓ c. cocoa

Mix all ingredients in saucepan. Cook slow until it starts to boil or until it thickens, stirring continuously. Pour into baked pie shell. Top with Cool Whip or meringue if you like. Makes 1 pie.

Kim Parker

PEANUT BUTTER PIE

12 oz. whipped topping
½ c. crunchy peanut butter
4 oz. cream cheese
⅓ c. milk
1 tsp. confectioners sugar
1 chocolate crumb crust

Mix all ingredients, except crust, adding whipped topping last. Spread into crust and chill.

Laurie M. Register

PEANUT BUTTER PIE

½ c. and 1 tsp. peanut butter
1 c. confectioners sugar
½ c. milk
9 oz. Cool Whip
3 oz. cream cheese
2 (6 inch) cracker crust

Mix peanut butter and cream cheese. Add confectioners sugar and milk. Fold in Cool Whip and pour into crust. Freeze and take out 10 to 15 minutes before serving. Makes 2 pies.

Page Williamson

STRAWBERRY PIE

1½ c. unsweetened strawberries
1 can Eagle Brand milk
1 baked pie shell or crumb crust
1 Tbsp. lemon juice
1 small container Cool Whip

Mix Eagle Brand milk. Stir in Cool Whip and fold in strawberries. Pour mixture in pie shell and chill. Makes 1 pie.

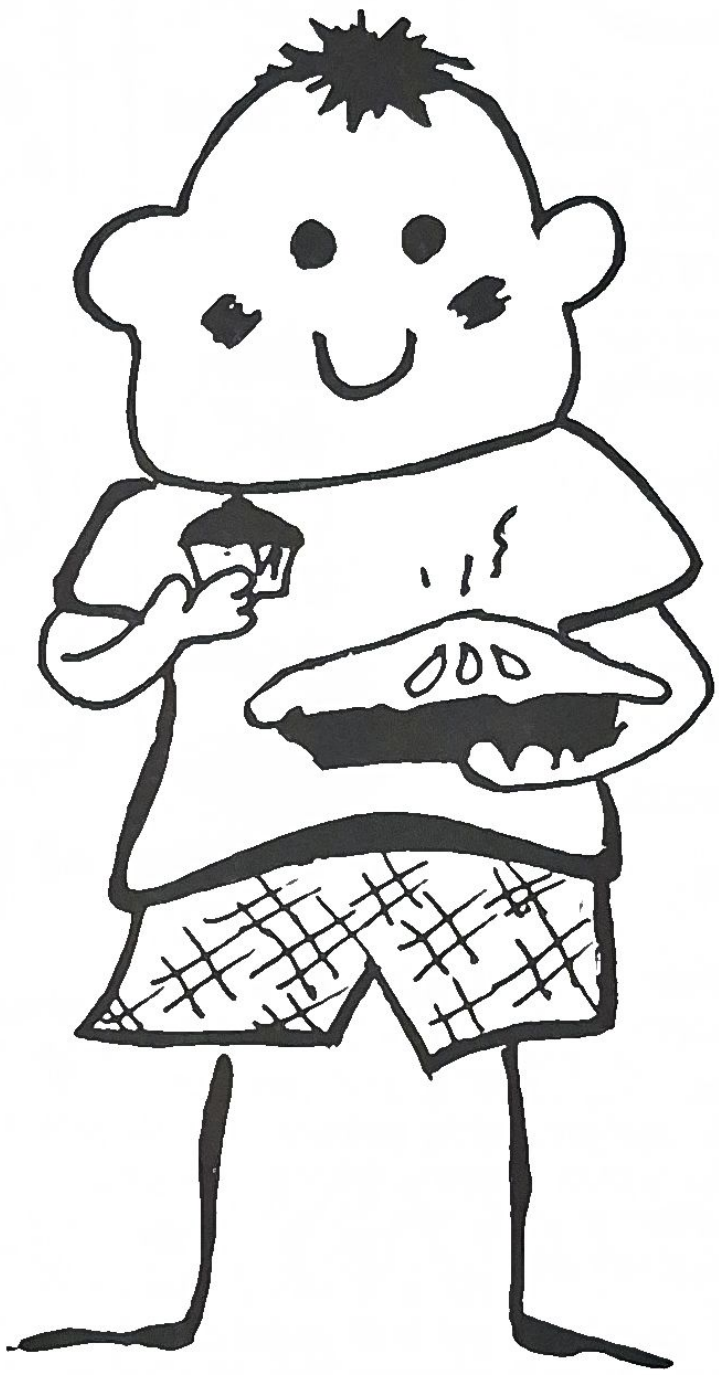
Kim Parker

JAPANESE PECAN PIE

½ c. coconut
½ c. raisins
½ c. pecans
1 stick margarine
1 c. sugar
2 eggs, beaten
1 tsp. vanilla flavoring

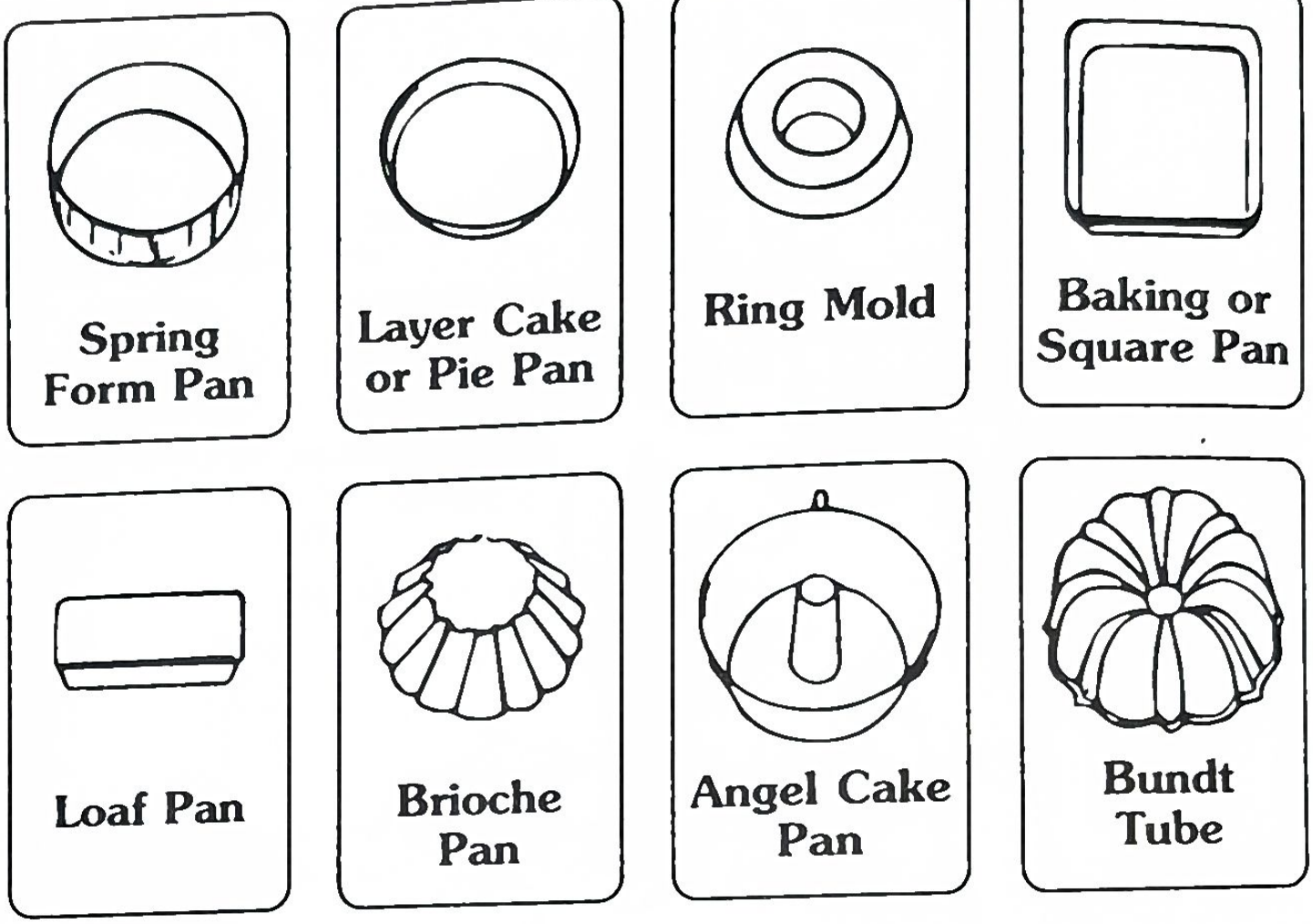
Mix eggs, butter, sugar, and vanilla. Add coconut, raisins, and pecans to mixture. Pour in unbaked pie shell. Bake at 350° for 45 minutes.

Debbie Bryan



desserts

Common Baking Dishes and Pans



Equivalent Dishes

4-CUP BAKING DISH
= 9″ pie plate
= 8″ x 1¼″ layer cake pan
= 7⅜″ x 3⅝″ x 2¼″ loaf pan

6-CUP BAKING DISH
= 8″ or 9″ x 1½″ layer cake pan
= 10″ pie pan
= 8½″ x 3⅝″ x 2⅝″ loaf pan

8-CUP BAKING DISH
= 8″ x 8″ x 2″ square pan
= 11″ x 7″ x 1½″ baking pan
= 9″ x 5″ x 3″ loaf pan

10-CUP BAKING DISH
= 9″ x 9″ x 2″ square pan
= 11¾″ x 7½″ x 1¾″ baking pan
= 15″ x 10″ x 1″ flat jelly roll pan

12-CUP BAKING DISH OR MORE
= 13½″ x 8½″ x 2″ glass baking dish
= 13″ x 9″ x 2″ metal baking pan
= 14″ x 10½″ x 2½″ roasting pan

Total Volume of Pans

TUBE PANS	
7½″ x 3″ Bundt tube	6 cups
9″ x 3½″ fancy or Bundt tube	9 cups
9″ x 3½″ angel cake pan	12 cups
10″ x 3¾″ Bundt tube	12 cups
9″ x 3½″ fancy tube mold	12 cups
10″ x 4″ fancy tube mold	16 cups
10″ x 4″ angel cake pan	18 cups
SPRING FORM PANS	
8″ x 3″ pan	12 cups
9″ x 3″ pan	16 cups
RING MOLDS	
8½″ x 2¼″ mold	4½ cups
9¼″ x 2¾″ mold	8 cups
BRIOCHE PAN	
9½″ x 3¼″ pan	8 cups

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DESSERTS

SOUR CREAM COCONUT CAKE

Cake:

1 box Duncan Hines butter cake mix
2 tsp. vanilla

Filling:

1 pt. sour cream
1½ c. sugar
1 large Cool Whip
8 oz. frozen coconut

Cake: Add 2 teaspoons vanilla to cake mix and bake as directed in 3 round cake pans. Split layers when done in halves to make 6 layers.

Filling: Mix with electric mixer the sour cream and sugar. By hand, add Cool Whip and most of coconut (leaving enough for sides and top). If you like coconut, you will need more than 8 ounces.

Judy W. Stalvey

CARROT CAKE

2 c. all-purpose flour, sifted
1 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
¼ tsp. salt
1½ c. salad oil
2 c. sugar
4 eggs
2 c. grated carrots

Nut Icing:

½ c. butter
8 oz. cream cheese
1 lb. powdered sugar
1 tsp. vanilla
1 c. chopped walnuts

Add eggs, 1 at a time, to salad oil, mixing well after each addition. Gradually add dry ingredients, mixing well. Add carrots, then pour mixture into 2 (9 inch) cake pans that have been greased and floured. Bake at 350° for 50 to 60 minutes. Remove from pan and cool completely before icing with Nut Icing.

Nut Icing: Combine butter and cream cheese; beat until light. Add vanilla; gradually add sugar, beating until smooth. Add chopped walnuts and mix well.

Linda Melville

CHOCOLATE DUMP CAKE

1 pkg. Duncan Hines yellow cake mix
1 small pkg. instant chocolate pudding
1 c. sour cream
¾ c. water
½ c. cooking oil
1 tsp. vanilla
4 eggs
1 small bag chocolate chips

Mix all ingredients well with mixer. Stir in small package (about 1 cup) of chocolate chips. Grease and flour Bundt pan. Bake at 350° for 50 to 60 minutes.

Tammy Munoz

166-94

ROCKINGHAM CAKE

Cake:

1 box Swiss chocolate cake mix
1 c. vegetable oil
1 box instant vanilla pudding
3 eggs
1¼ c. milk

Icing:

1 (8 oz.) cream cheese
1 c. powdered sugar
1 c. sugar
1 (12 oz.) Cool Whip
5 chopped Hershey's bars
1 c. chopped pecans

Mix all ingredients for cake until smooth. Bake in 3 layers at 350° for 25 to 30 minutes. Cool completely.

Icing: Blend cream cheese and sugars until creamy and smooth. Fold Cool Whip, Hershey's bars, and pecans into cream cheese mixture. Do not beat. Spread on cold cake.

Gay Licko

SOUR CREAM POUND CAKE

1 pkg. Duncan Hines butter cake mix
1 tsp. self-rising flour
¾ c. Wesson oil
½ c. sugar
8 oz. sour cream
4 eggs
1 tsp. vanilla
1 tsp. butter flavoring

Preheat oven to 350°. Mix cake mix, flour, oil, sugar, and sour cream well. Add eggs, vanilla, and butter flavoring. Mix well again. Pour into greased and floured tube pan. Bake at 350° for 1 hour or until done.

Tammy Munoz

CREAM CHEESE POUND CAKE

6 eggs
3 c. sugar
3 c. cake flour
3 sticks butter
8 oz. cream cheese
1 tsp. vanilla

Cream butter and cream cheese. Add eggs 1 at a time. Add rest of ingredients and mix well. Bake at 325° for 1 hour and at 350° for 30 minutes.

Sandra Thompson

COCONUT CAKE

Use 1 box Duncan Hines yellow cake mix.

Icing:

2 c. sour cream
2 (10 oz.) pkg. frozen coconut
2 c. granulated sugar

Mix icing and let set covered overnight in the refrigerator. Bake the cake mix in 4 layers. Bake approximately 15 minutes because the layers are thin. Check with toothpick to see if done. Cool on racks.

Ice the 4 cake layers. Seal in covered cake taker and refrigerate. The icing is slightly liquid and is absorbed by the cake, making it delicious. Serve when cake is cold.

Connie Jacobs

LEMON POPPY SEED CAKE

1 (18.5 oz.) pkg. 97% fat-free yellow cake mix
½ c. sugar
⅓ c. vegetable oil
¼ c. water
1 c. plain nonfat yogurt
1 c. egg substitute
3 Tbsp. lemon juice
2 Tbsp. poppy seeds
Vegetable cooking spray

Lemon Glaze:

½ c. sifted powdered sugar
2 Tbsp. lemon juice

Combine cake mix and sugar in a large mixing bowl; add vegetable oil and next 4 ingredients. Beat at medium speed with an electric mixer 6 minutes. Stir in poppy seeds. Pour batter into a 10 cup Bundt pan coated with cooking spray. Bake at 350° for 40 minutes or until a wooden pick inserted in center of cake comes out clean. Cool in pan on a wire rack 10 minutes. Remove from pan; drizzle with Lemon Glaze, and cool completely on wire rack. Yield: 24 servings (156 calories, 27% from fat, per slice).

Lemon Glaze: Combine all ingredients, stirring until smooth.

Suzanne Godfrey

MISSISSIPPI MUD CAKE

Cake:

2 sticks margarine
3½ Tbsp. cocoa
2 c. granulated sugar
4 eggs
1½ c. plain flour
1 tsp. vanilla
1½ c. coconut
1½ c. chopped pecans
1 jar marshmallow cream

Icing:

1 stick margarine
3½ Tbsp. cocoa
⅓ c. evaporated milk
1 lb. powdered sugar
1 tsp. vanilla

Cake: Melt margarine; add cocoa and sugar, then add eggs, flour, and vanilla. Mix well. Add coconut and pecans. Pour into 9x13 inch pan. Bake 30 to 35 minutes at 350°. Remove from oven; spread with marshmallow cream while hot.

Icing: Melt margarine; add cocoa and milk. Boil 1 minute.* Add sugar and vanilla; beat until smooth, then pour over cake.

* After it boils 1 minute, remove it from stove before adding other ingredients.

Tally Piscopo

166-94

BIRTHDAY CAKE

1 c. shortening
2 c. sugar
3 c. flour
4 eggs
3 tsp. baking powder
¼ tsp. salt
1 c. milk
2 tsp. vanilla

Cream shortening, eggs, and sugar. Sift together flour, baking powder, and salt. Alternate dry mixture and milk to the creamed mixture. Add vanilla. Grease and flour 13x9 inch pan. Pour batter into pan and bake at 350° for 35 to 40 minutes or until golden brown.

Joan Flynn

GRANDMA'S POOR MAN CAKE

2 c. self-rising flour
¾ c. sugar
1 egg
½ stick butter
Milk

Cream butter and sugar. Add egg and flour a little at a time. Add milk to make it a soft mixture. Bake at 350°.

This cake is dry; top with fresh or canned fruit and whipped topping.

LaRae Wiggins

EARL'S PECAN PIE

1 c. dark Karo syrup
3 eggs
1 c. sugar
1 Tbsp. butter, melted
Pinch of salt
1 c. pecan pieces
1 (9 inch) pie shell

Beat eggs. Add sugar, syrup, and butter. Mix 2 minutes. Stir in nuts and salt. Pour in thawed pie shell. Bake 45 minutes to 1 hour or until top cracks in 350° oven.

Tara Parker

CHOCOLATE CHIP CHEESECAKE

2 (8 oz.) pkg. cream cheese, softened
½ c. sugar
½ tsp. vanilla
2 eggs
1 (9 inch) graham cracker crust
1 c. chocolate chips (milk chocolate)

Mix cream cheese, sugar, and vanilla at medium speed. Add eggs and mix. Pour into crust. Bake at 350° for 40 minutes. Refrigerate 3 hours. Serve.

Page Williamson

PIG PICKING CAKE

1 box Duncan Hines butter cake mix
½ c. Crisco or Wesson oil
1 (11 oz.) can mandarin oranges (not drained)
4 eggs
1 c. chopped pecans
½ c. sugar

Frosting:

1 large pkg. instant vanilla pudding
1 large can crushed pineapple
1 large Cool Whip

Mix all ingredients for cake. Mix on medium speed. Cook at 350° approximately 20 to 25 minutes. Check with toothpick to see if done. Cool on racks. Makes 3 layers.

Frosting: Do not use mixer. Fold all ingredients with wooden spoon. Spread between each layer and on outside of cake. Cover with cake taker and store in refrigerator. Serve when cake is cold.

Connie Jacobs

CHOCOLATE CHERRY CAKE

1 pkg. chocolate cake mix
1 can cherry pie filling
2 eggs
1 tsp. almond extract

Beat eggs; add remaining ingredients and mix with spoon until well blended. Pour into greased 9x13 inch pan. Bake for 35 minutes at 350°.

Nancy Long

CHOCOLATE ECLAIR CAKE

Use 2 boxes instant French vanilla pudding, prepared with 3 cups milk. Fold in 1 box Cool Whip.

Graham crackers
Chocolate fudge sauce

Line 9x13 inch pan with *whole* graham crackers. Cover with ⅓ of the pudding mixture. Add another layer of crackers, then pudding mixture twice, ending with a layer of graham cracker (4 layers of crackers and 3 of pudding). Cover the crackers with a chocolate fudge sauce (Smucker's, Kraft, Kroger, etc.). Refrigerate overnight.

Paula Tanner, Mary Manning

APPLE POUND CAKE

Cake:

1½ c. cooking oil
2 c. sugar
3 eggs
3 c. sifted flour (cake or plain)
1 tsp. salt
1 tsp. soda
2 tsp. vanilla
1½ tsp. cinnamon
3 large apples, cubed
1 c. nuts, chopped

Sauce:

1 stick butter
½ c. light brown sugar, packed
2 Tbsp. milk

Cake: Combine oil, sugar, and eggs; beat 3 minutes at medium speed. Blend in flour, salt, soda, cinnamon, and vanilla. Fold in chopped apples and nuts. Bake in tube pan which has been greased and floured. Bake at 350° for 1 hour and 20 minutes. Cool for 20 minutes. Pour on sauce.

Judy W. Stalvey

166-94

APPLE CAKE

Part 1:

1 c. oil
2 c. sugar
3 eggs
3 c. flour
1 tsp. salt
1 tsp. soda
2 tsp. vanilla
1 c. chopped nuts
1 can pie sliced apples

Part 2:

1 stick margarine
1½ c. brown sugar
6 Tbsp. evaporated milk

Part 1 - Cake:

1. Cream oil with sugar.
2. Add eggs, alternating with 3 cups flour.
3. Sift salt and soda into mixture and mix well.
4. Add vanilla, nuts, and apples.
5. Bake in 9x13x2 inch pan at 325° for 40 to 45 minutes, until brown and toothpick comes out clean.

Part 2 - Icing:

6. Melt margarine with brown sugar.
7. Boil, stirring, for 3 minutes.
8. Add evaporated milk and cook 1 minute more.
9. Let come to good boil, stirring all the time.
10. Cool; beat until it loses shine. *Spread.*

Erin Rebecca Johnson

APPLE CREAM CAKE

1 stick margarine
1 box yellow cake mix
½ c. flaked coconut
4 apples, peeled
8 oz. sour cream
1 egg
2 Tbsp. lemon juice
Cinnamon and sugar

Melt margarine in a 9x13 inch baking dish. Mix coconut and cake mix; stir into margarine. Press with back of spoon to form a crust in the bottom and up the sides of baking dish. Bake 10 minutes at 350°. Slice apples and arrange in 4 rows on top of baked crust. Sprinkle with cinnamon and sugar. Whisk the egg, sour cream, and lemon juice together. Pour over apples. Bake ½ hour at 350°.

Laurie M. Register

RAW APPLE CAKE

2 c. flour
2 c. sugar
2 tsp. cinnamon
1 tsp. salt
2 tsp. vanilla
2 egg whites
½ c. oil
1 tsp. baking powder
1 tsp. baking soda
4 c. chopped green apples
Raisins
Walnuts

Mix all in a bowl. Press into 11x14 inch greased cake pan. Bake at 350° for 45 minutes to 1 hour.

Page Williamson

DEVIL'S DELIGHT

1 box devils food cake
1 large box chocolate pudding
1 Cool Whip
6 to 8 Heath bars, crushed

Cook cake according to box instructions, also pudding. In a large bowl, place a layer of cake (cut in cubes), pudding, Heath bars, and Cool Whip. Continue until all ingredients are used.

Page Williamson

CHOCOLATE DELIGHT

1½ c. plain flour
¾ c. melted margarine
½ c. brown sugar
¾ c. chopped pecans
1 c. confectioners sugar
1 large Cool Whip
1 large pkg. cream cheese, softened
1 box instant vanilla pudding mix
1 box instant chocolate pudding mix
3 c. milk

Mix flour, margarine, brown sugar, and pecans with hand and pat out in 9x12 inch pan; cook at 375° for 15 minutes. Let cool. Mix confectioners sugar, 1½ cups Cool Whip, and cream cheese with mixer and pour over crust. For second layer, mix vanilla pudding, chocolate pudding, and milk together and pour over first layer. For third layer, top with rest of Cool Whip. Chill in refrigerator.

Tammy Munoz

HAWAIIAN DELIGHT CAKE

1 yellow cake mix
1 tsp. oil
2 (20 oz.) cans drained crushed pineapple
1 (8 oz.) cream cheese, softened
1 (12 oz.) Cool Whip
3 c. milk
2 boxes coconut cream instant pudding

Using a 9x12 inch oblong pan, cook cake mix plus oil in a 350° oven for 40 minutes. Spread pineapple over cooled cake. Mix cream cheese and pudding; spread on top. Top with layer of Cool Whip.

Optional: Coconut sprinkled on top.

Wanda Jones

BOILED COOKIES

2 c. sugar
½ c. milk
¼ lb. butter
4 Tbsp. cocoa
2½ c. oats
¼ c. nuts, chopped
½ c. peanut butter
2 tsp. vanilla

Mix together sugar, milk, butter, and cocoa. Boil mixture for 5 minutes on medium heat. Remove from heat and add vanilla, oats, nuts, and peanut butter. Spoon onto wax paper.

Jif crunchy peanut butter is good to use. It contains nuts.

Wanda Jones

NEIMAN-MARCUS COOKIES

2 c. butter
2 c. sugar
2 c. brown sugar
4 eggs
2 tsp. vanilla
4 c. flour
5 c. blended oatmeal*
1 tsp. salt
2 tsp. baking powder
2 tsp. soda
24 oz. chocolate chips
1 (8 oz.) Hershey's bar, grated
3 c. chopped nuts

Cream the butter and both sugars. Add eggs and vanilla; mix together with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey's bar, and nuts. Roll into balls and place 2 inches apart on a cookie sheet. Bake for 10 minutes at 375°. Makes 112 cookies.

* Measure oatmeal and blend in a blender to a fine powder.

Page Williamson

OLD-FASHIONED BROWNIES

2 c. sugar
4 eggs
⅔ c. butter, softened
5 env. Nestle Choco-bake
2 tsp. vanilla
1⅓ c. unsifted flour
1 tsp. baking soda
½ tsp. salt
12 oz. chopped walnuts

In bowl, combine sugar, eggs, butter, Choco-bake, and vanilla; beat until creamy. Add flour, baking powder, and salt; mix well. Add nuts. Spread in greased 9x13 inch baking pan. Bake at 350° for 30 minutes.

Page Williamson

SWEET POTATO PECAN PIE

1 c. mashed sweet potatoes
½ c. brown sugar
½ tsp. salt
1 (3¼ oz.) pkg. vanilla pudding mix
1 egg, slightly beaten
½ c. dark corn syrup
1 c. evaporated milk
1 c. pecan halves
2 Tbsp. melted butter or margarine

Mix sweet potatoes, sugar, pudding, and salt. Add egg, corn syrup, and milk; gently blend. Stir in pecans and melted butter. Pour into unbaked 9 inch pastry shell and bake in a 400°F. oven for 15 minutes. Reduce to 350°F. and bake until filling is set (about 20 minutes). Cool; garnish with whipped cream.

Kim Parker

SWEET POTATO-COCONUT PIE

4 c. hot sweet potatoes
¾ c. butter
1½ c. brown sugar
1 can flaked coconut
2 unbaked pie shells
1 large can evaporated milk
4 eggs
½ tsp. vanilla
Salt

Mash sweet potatoes; add salt, butter, and sugar. Separate eggs and add yolks, vanilla, and milk. Add coconut. Mix well in mixer. Beat egg whites and fold into first mixture. Pour into 2 unbaked pie shells. Bake 12 minutes at 400°; reduce heat to 350° and bake for 30 minutes. Yield: 12 servings.

Blonnie Akers

DIED AND GONE TO HEAVEN PIE

1 (6 oz.) can frozen lemonade or limeade
1 (8 oz.) Cool Whip
1 can Eagle Brand condensed milk
1 graham cracker crust

Mix first 4 ingredients and place in crust. Serve cold.

Tara Parker

MILLIONAIRE PIE

1 (15¼ oz.) can crushed pineapple
1 can Eagle Brand condensed milk
1 (8 oz.) container Cool Whip
3 tsp. lemon juice
2 graham cracker pie crusts

Mix first 4 ingredients together. Pour into pie crusts and chill overnight.

Vicki Johnston

PEACH YUM YUM

2½ c. Waverly cracker crumbs (2 pkg.)
2 sticks melted margarine
1½ c. sugar
2 cans peach pie filling
2 pkg. Dream Whip
8 oz. cream cheese
1 c. evaporated milk

Combine crumbs, ½ cup sugar, and margarine. Blend cream cheese, 1 cup sugar, and topping mix; add milk. Spread half of crumbs in baking dish. Add ½ of cheese mixture. Spread pie filling. Add remaining cheese mixture. Sprinkle remaining crumb mixture on top. Refrigerate.

Optional: Cherry, blueberry, or apple pie filling.

Wanda Jones

CHOCOLATE YUM YUM

16 oz. cream cheese
¾ c. sugar
2 pkg. Dream Whip
2 c. milk
2 sticks butter
1 (6 serving size) pkg. instant chocolate pudding
3 c. graham cracker crumbs

Cream 16 ounces cream cheese with ¾ cup sugar. Whip 2 packages Dream Whip with 1 cup milk (don't whip too hard - just firm) and add to cream cheese mixture.

Mix 3 cups graham cracker crumbs with 2 sticks melted butter. Spread ½ of this on bottom of a 22x11x8 centimeter loaf pan. Spread ½ of the cream cheese and whipped cream mixture on top of crumbs.

For next layer, prepare pudding with milk as directed on package. Spread the other ½ of cheese mixture. Spread remaining graham cracker crumbs on top. Chill 24 hours.

Linda Melville

LEMONY LIGHT VINEYARD "CHEESECAKES"

1 env. unflavored gelatin
½ c. cold water
1 (8 oz.) pkg. light cream cheese, softened
1 c. plain lowfat yogurt
⅓ c. sugar
1 Tbsp. grated lemon peel
1 Tbsp. lemon juice
¼ tsp. vanilla
4 ice cubes
1½ c. seedless, or halved seeded Chilean grapes

In a small saucepan, sprinkle gelatin over cold water; let stand 1 minute to soften. Warm over low heat to dissolve. Combine in blender, softened gelatin, cream cheese, yogurt, sugar, lemon peel, lemon juice, and vanilla. Blend until smooth. Divide grapes between 6 (6 ounce) custard cups or individual dessert dishes. Pour cheese mixture over each, dividing equally. Chill until set. Garnish with additional grated lemon peel if desired.

Camilla Lanoza

CHEWIES

1 lb. light brown sugar
1 stick margarine, melted
3 eggs
1½ c. self-rising flour
1 tsp. vanilla
1 c. pecans, chopped

Cream sugar and margarine. Add eggs, 1 at a time. Add flour and vanilla. Beat well and add pecans. Pour into greased pan (13x9 inches). Bake at 325° for about 30 minutes; do not overbake. Should be chewy.

Debbie Bryan

JEROME BARS

1½ sticks margarine, melted
1 c. sugar
1 can evaporated milk
1 egg, beaten
1 box graham crackers
1 can coconut (optional)
1½ c. chopped pecans
1 c. graham cracker crumbs

Icing:

½ stick margarine
2 c. confectioners sugar
3 Tbsp. milk
1 tsp. vanilla

Mix margarine, sugar, milk, and eggs. Bring to a boil, stirring constantly. Remove from heat and add coconut, pecans, and crumbs. Take whole crackers and line

bottom of 9x13 inch pan; pour mixture over them. Put more crackers on top and keep repeating procedure.

Mix ingredients for icing. Spread on top. Cool and cut into small pieces.

Debbie Bouknight

PEANUT BUTTER CRISPY TREATS

1 c. Karo light or dark syrup
1 c. sugar
1 c. peanut butter
6 c. corn flakes

Butter a 13x9x2 inch baking dish. In large pot over low heat, stir together first 3 ingredients. Stirring constantly, bring to boil and boil for 3 minutes. Remove from heat. Add cereal. Toss to coat well. Press into dish. Allow to cool. Cut into squares. Makes 32.

Linda J. Johnson

PEACH LUSCIOUS

2 c. flour
2 sticks margarine
1 c. chopped nuts
1 qt. fresh peaches
1 c. sugar
3 Tbsp. peach Jell-O
2½ Tbsp. corn starch
1 c. water
8 oz. cream cheese
3 c. powdered sugar
2 env. Dream Whip, mixed according to pkg. directions

Mix flour, margarine, and nuts. Spread in a 9x13 inch pan. Bake at 350° for 15 minutes. Blend the cream cheese, powdered sugar, and Dream Whip. Spread on cooled crust. Mix peaches and sugar. Combine Jell-O, corn starch, and water; cook until clear. Mix in peaches. Pour onto cream cheese mixture. Chill until set.

Strawberries may be substituted for peaches.

Laurie M. Register

QUICK DELIGHT

14 whole graham crackers
1 (6 oz.) pkg. vanilla instant pudding
1 c. Cool Whip
1 (21 oz.) can blueberry pie filling
1 c. chopped pecans (optional)

Line 9 inch square pan with whole graham crackers. Prepare pudding mix as directed on package for pudding. Refrigerate 10 minutes, then blend in Cool Whip. Spread half the pudding mixture over the crackers. Sprinkle with ⅓ cup pecans. Add another layer of graham crackers; top with remaining pudding mixture and ⅓ cup pecans. Add another layer of crackers. Spread pie filling over top layer of crackers. Garnish with remaining pecans. Chill 3 hours.

Can use cherry pie filling also.

Joyce Parker

STRAWBERRY STUFF

2 qt. fresh strawberries (slice and sprinkle with sugar)
1 angel food cake, cut into bite-size pieces
2 (16 oz.) pkg. strawberry glaze
1 large pkg. vanilla pudding
1 (12 oz.) container Cool Whip

Mix vanilla pudding according to package instructions. Add Cool Whip. Mix together the sliced strawberries and glaze. In a *large* bowl, alternate layers of cake, pudding, and glaze, ending with glaze.

Tupperware's large mix and store bowl works great.

Janice Gurganus

COOKIES AND CREAM

1¼ lb. Oreo cookies, crushed
½ c. melted butter
2 pkg. unflavored gelatin
½ c. cold water
16 oz. cream cheese, softened
1 c. sugar
1¼ c. milk
2 c. whipping cream, whipped

1. Combine cookies and butter; press into spring form pan (crust). Save a few for filling (¾ cup).
2. Dissolve gelatin in water over low heat.
3. In separate bowl, combine cream cheese and sugar; mix until blended.
4. Gradually add gelatin, milk, and Oreos.
5. Chill but *don't* set.
6. Fold in whipping cream and pour into crust.
7. Chill until set and garnish with a couple of Oreos.

Kim O'Hara

WATERGATE SALAD

1 large can crushed pineapple
1 c. chopped pecans
1 pkg. pistachio pie filling (instant)
1 c. miniature marshmallows
1 (9 oz.) container Cool Whip

Mix pineapple, marshmallows, nuts, and pie filling. Fold in Cool Whip. Chill.

Debbie Bryan

ORANGE LEMON SORBET

1 c. sugar
1 c. water
1½ c. orange juice
⅓ c. lemon juice from concentrate
1 tsp. grated orange rind

In medium saucepan, combine sugar and water. Over medium heat, bring to a boil; boil 5 minutes. Remove from heat; chill 20 minutes. Add remaining ingredients to sugar syrup. Pour into 8 or 9 inch square pan; freeze about 1½ hours or until slightly frozen. In a large bowl, beat until smooth; return to pan. Cover. Freeze at least 1½ hours before serving.

Camilla Lanoza

PEACH CRISP

6 to 7 peaches, peeled and sliced
Juice of 1 lemon
½ c. sifted all-purpose flour
¾ c. rolled oats
½ c. brown sugar, packed
⅓ c. margarine

Put peaches in shallow 2 quart baking dish and sprinkle with lemon juice. Mix flour, oats, and brown sugar. Cut in margarine with pastry blender. Press over peaches. Bake at 325° for 20 minutes or until peaches are tender.

Vicki Johnston

GRANDMA'S PEACH COBBLER

1 stick margarine
½ c. self-rising flour
½ c. sugar
½ c. milk

Place 1 stick butter in bottom of baking dish. Pour batter over butter. Add 2 or 3 cups of fruit juice and fruit. Bake until brown and firm at 325°.

LaRae Wiggins

BLUEBERRY COBBLER

Part 1:

5 Tbsp. butter
¼ c. sugar
1¼ c. flour
1 egg
¼ tsp. baking powder

Part 2:

2 pt. blueberries
¼ tsp. cinnamon
⅛ c. sugar

Part 3:

½ c. flour
¼ c. sugar
4 Tbsp. butter

Part 1:

1. Cream together butter and sugar.
2. Add egg, flour, and baking powder; mix.
3. Pat onto greased 8x8 inch glass pan. Put on bottom and up sides of pan.

Part 2:

4. Add 2 pints blueberries.
5. Sprinkle with ¼ teaspoon cinnamon mixed with ⅛ cup sugar.

Part 3:

6. Blend ½ cup flour, ¼ cup sugar, and 4 tablespoons butter and sprinkle on top.
7. Bake at 375° for 30 minutes uncovered.

Erin Johnson

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BANANA BLUEBERRY BREAD

3 c. flour
1½ c. sugar
4 tsp. baking powder
1½ c. quick-cooking oats
⅔ c. oil (vegetable)
2 c. mashed banana
2 c. blueberries (fresh or frozen)
4 eggs, slightly beaten
1 tsp. salt

Mix flour, sugar, salt, and baking powder. Stir in oats. Add oil, eggs, bananas, and blueberries. Stir just until mixed. Pour batter into 2 greased 8½ x 4½ inch loaf pans.

Bake at 350° for about 60 minutes. Let cool in pan for 10 minutes, then remove from pan to wire rack. When cool, wrap and refrigerate for several hours before slicing.

Lucy Johnson

MONKEY BREAD

3 cans biscuits
½ tsp. cinnamon
⅓ c. sugar

Glaze:

1½ sticks margarine
1 tsp. cinnamon
1 c. brown sugar

Cut biscuits into quarters. Drop in bag with cinnamon-sugar mixture. Shake until coated. Put in a greased Bundt pan.

Boil glaze ingredients for 2 to 3 minutes. Pour over biscuits and bake at 350° for 25 minutes. Cool 10 minutes and remove from pan.

Tara Parker

EASY FRUIT PUDDING

1 (20 to 22 oz.) can fruit pie filling
1 (1 layer) box white, yellow, or spice cake mix
2 Tbsp. sugar
1 tsp. cinnamon
¼ c. chopped nuts
¼ c. butter

Spread 1 can fruit pie filling in 8 inch square dish. Microwave at HIGH for 7 minutes, until heated through. In small bowl, combine 1 box of 1 layer cake, sugar, cinnamon, and chopped nuts. Cut in butter until mixture resembles coarse crumbs. Spread over fruit. Microwave at HIGH for 10 to 12 minutes.

Lucy Johnson

MISCELLANEOUS

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

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MISCELLANEOUS

MICROWAVE FUDGE

1 lb. confectioners sugar
½ c. cocoa
¼ tsp. salt
¼ c. milk
1 Tbsp. vanilla extract
½ c. butter, melted

Mix together all ingredients. Microwave on HIGH 2 minutes, stirring after 1 minute. Chill in a buttered dish. Add nuts if desired (before you chill). Cut into squares.

Laurie M. Register

MAPLE SYRUP

½ c. light corn syrup
1 c. water
2 c. sugar
¾ tsp. maple flavoring

Mix sugar, syrup, and water. Bring to a boil and cook until sugar has dissolved. Add flavoring. Pour over hot pancakes.

Janice Gurganus

DOWN HOME BARBECUE SAUCE

1 can tomato soup
⅓ c. Worcestershire sauce
1 small onion, chopped
3 Tbsp. vinegar
2 Tbsp. packed brown sugar

In 1 quart saucepan over medium heat, heat all ingredients to boiling. Reduce heat to low. Simmer 10 minutes. Makes 1¾ cups.

Sandra Thompson

ROQUEFORT CHEESE DRESSING

½ c. mayonnaise
½ c. sour cream
3 Tbsp. milk
2 Tbsp. lemon juice
2 oz. Roquefort cheese, crumbled

Mix ingredients well in small bowl. Refrigerate at least 2 hours before serving.

Deena D. Huber

GRILLED CHICKEN SAUCE

½ c. oil
½ c. lemon juice
2 tsp. salt
¼ tsp. black pepper
¼ tsp. Accent (seasoning)
1 tsp. paprika
1 Tbsp. minced onion

Mix all ingredients together and chill for at least 1 hour. Spoon over the chicken while it is on the grill.

Debbie Bouknight

MEXICAN SALSA

5 to 6 medium tomatoes, chopped
1 bunch green onions, chopped
3 to 4 jalapenos, chopped
1 to 2 cans chopped green chili peppers
2 tsp. onion powder
2 tsp. garlic powder
½ bunch cilantro, chopped
Salt and pepper to taste

Mix all ingredients in large bowl. Serve chilled or at room temperature with corn tortilla chips. Yield: Approximately 3 cups.

Tammy Munoz

Notes

Notes

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KITCHEN HINTS

If you've over-salted soup or vegetables, add cut raw potatoes and discard once they have cooked and absorbed the salt.

A teaspoon each of cider vinegar and sugar added to salty soup or vegetables will also remedy the situation.

If you've over-sweetened a dish, add salt.

A teaspoon of cider vinegar will take care of too-sweet vegetable or main dishes.

Pale gravy may be browned by adding a bit of instant coffee straight from the jar . . . no bitter taste, either.

If you will brown the flour well before adding to the liquid when making gravy, you will avoid pale or lumpy gravy.

A different way of browning flour is to put it in a custard cup placed beside meat in the oven. Once the meat is done, the flour will be nice and brown.

Thin gravy can be thickened by adding a mixture of flour or cornstarch and water, which has been mixed to a smooth paste, added gradually, stirring constantly, while bringing to a boil.

Lumpless gravy can be your triumph if you add a pinch of salt to the flour before mixing it with water.

A small amount of baking soda added to gravy will eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If time allows, the best method of removing fat is refrigeration until the fat hardens. If you put a piece of waxed paper over the top of the soup, etc. it can be peeled right off, along with the hardened fat.

Ice cubes will also eliminate the fat from soup and stew. Just drop a few into the pot and stir; the fat will cling to the cubes; discard the cubes before they melt. Or, wrap ice cubes in paper towel or cheesecloth and skim over the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in paper towel and refrigerate for an hour or so.

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

Lettuce and celery keep longer if you store them in paper bags instead of cellophane.

To remove the core from a head of lettuce, hit the core end once against the counter sharply. The core will loosen and pull out easily.

Cream will whip faster and better if you'll first chill the cream, bowl, and beaters well.

Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Rebeat for a fluffy surprise!

A few drops of lemon juice added to whipping cream helps it whip faster and better.

Cream whipped ahead of time will not separate if you add ¼ teaspoon unflavored gelatin per cup of cream.

A dampened and folded dish towel placed under the bowl in which you are whipping cream will keep the bowl from dancing all over the counter top.

Brown sugar won't harden if an apple slice is placed in the container.

But if your brown sugar is already brick-hard, put your cheese-grater to work and grate the amount you need.

KITCHEN HINTS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Potatoes will bake in a hurry if they are boiled in salted water for 10 minutes before popping into a very hot oven.

A leftover baked potato can be rebaked if you dip it in water and bake in a 350° oven for about 20 minutes.

A thin slice cut from each end of the potato will speed up baking time as well.

You'll shed less tears if you'll cut the root end off of the onion last.

No more tears when peeling onions if you place them in the deep freeze for four or five minutes first.

Scalding tomatoes, peaches, or pears in boiling water before peeling makes it easier on you and the fruit — skins slip right off.

Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

To hasten the ripening of garden tomatoes or avocados, put them in a brown paper bag, close the bag and leave at room temperature for a few days.

When pan frying always heat the pan before adding the butter or oil.

A little salt sprinkled into the frying pan will prevent spattering.

Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.

Add a cup of water to the bottom portion of the broiling pan before sliding into the oven, to absorb smoke and grease.

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day!

A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles, or spaghetti will prevent boiling over.

Rubbing the inside of the cooking vessel with vegetable oil will also prevent noodles, spaghetti, and similar starches from boiling over.

A few drops of lemon juice added to simmering rice will keep the grains separate.

Grating a stick of butter softens it quickly.

Soften butter for spreading by inverting a small heated pan over the butter dish for a while.

A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Catsup will flow out of the bottle evenly if you will first insert a drinking straw, push it to the bottom of the bottle, and remove.

If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.

KITCHEN HINTS

A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a jiffy.

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

Fresh eggs' shells are rough and chalky; old eggs are smooth and shiny.

To determine whether an egg is hard-boiled, spin it. If it spins, it is hard-boiled; if it wobbles and will not spin it is raw.

Egg whites won't run while boiling or poaching if you'll add a little vinegar to the water.

Eggs will beat up fluffier if they are allowed to come to cool room temperature before beating.

For baking, it's best to use medium to large eggs; extra large eggs may cause cakes to fall when cooled.

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.

For fluffier omelets, add a pinch of cornstarch before beating.

For a never fail, never weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.

Once your meringue is baked, cut it cleanly, using a knife coated with butter.

A meringue pie may be covered with waxed paper or plastic wrap with no fear of sticking, if you'll first grease the paper with oleo.

No "curly" bacon for breakfast when you dip it into cold water before frying.

Keep bacon slices from sticking together; roll the package into a tube shape and secure with rubber bands.

A quick way to separate frozen bacon: heat a spatula over a burner, slide it under each slice to separate it from the others.

Cheese won't harden if you'll butter the exposed edges before storing.

A cloth dampened with vinegar and wrapped around cheese will also prevent drying out.

Thaw fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

When browning any piece of meat, the job will be done more quickly and effectively if the meat is very dry and the fat is very hot.

You'll get more juice from a lemon if you'll first warm it slightly in the oven.

Popcorn will stay fresh and you will eliminate "old maids" if you store it in the freezer.

Running ice cold water over the kernels before popping will also eliminate "old maids".

After flouring chicken, chill for one hour. The coating adheres better during frying.

Empty salt cartons with spouts make dandy containers for bread crumbs. A funnel is used for getting the crumbs into the carton.

A sack of lumpy sugar won't be if you place it in the refrigerator for 24 hours.

CLEANUPS

Fill blender part way with hot water; add a drop of detergent; cover and turn it on for a few seconds. Rinse and drain dry.

Loosen grime from can openers by brushing with an old toothbrush. To clean blades, run a paper towel through the cutting process.

Don't panic if you accidentally scorch the inside of your favorite saucepan. Just fill the pan halfway with water and add ¼ cup baking soda. Boil awhile until the burned portions loosen and float to the top.

A jar lid or a couple of marbles in the bottom half of a double-boiler will rattle when the water gets low and warn you to add more before the pan scorches or burns.

To remove lime deposits from teakettles, fill with equal parts vinegar and water. Bring to a boil and allow to stand overnight.

Before washing fine china and crystal, place a towel in the bottom of the sink to act as a cushion.

To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

To quickly remove food that is stuck to a casserole dish, fill with boiling water and 2 tablespoons of baking soda or salt.

To clear a sink or basin drain, pour ½ cup of baking soda followed by a cup of vinegar down the drain . . .let the mixture foam, then run hot water.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda followed by a kettle of boiling water.

Silver will gleam after a rubbing with damp baking soda on a soft cloth.

For a fast and simple clean-up of your hand grater, rub salad oil on the grater before using.

A toothbrush works great to clean lemon rind, cheese, onion, etc. out of the grater before washing it.

While baking fruit pies, does the juice runneth over? Shake salt into the spills. They'll burn to a crisp and can be easily scraped up with a spatula.

Grease splatters or other foods that have dried on the stove, burner rings, counter appliances, etc., may be removed by applying dry baking soda to the spots, then rubbing with a damp cloth. Rinse with clear water, dry and enjoy the like-new look.

CALORIE COUNTER

Almonds:
roasted in oil, salted, 9-10 nuts 62
Apple butter, 1 tbsp. 33
Apple juice, canned or bottled, 1 cup 117
Apples:
fresh, with skin, 1 average (2½" diameter) 61
dried, cooked, sweetened, ½ cup 157
dried, cooked, unsweetened, ½ cup 100
Applesauce, canned, sweetened, ½ cup 116
Applesauce, canned, unsweetened, ½ cup 50
Apricot nectar, canned or bottled, 1 cup 143
Apricots:
fresh, 3 average (12 per lb.) 55
canned, 4 halves with 2 tbsp. heavy syrup 105
canned, water pack, ½ cup with liquid 38
Asparagus:
canned, drained, cut spears, ½ cup 25
frozen, 6 spears 23
Avocados, 3⅛" diameter 185

Bacon, fried, drained, 2 medium slices 86
Bacon, Canadian, fried, drained, 1 slice 58
Bagel, egg or water, 1 medium (3" diameter) 165
Bamboo shoots, raw, cuts, ½ cup 21
Bananas, 1 average 118
Bean sprouts, soy, raw, ½ cup 24
Beans, baked, canned:
with pork and tomato sauce, ½ cup 156
Beans, green or snap:
fresh, boiled, drained, cuts or French style, ½ cup . . 16
canned, with liquid, ½ cup 22
Beans, lima, immature seeds:
boiled, drained, ½ cup 95
canned, with liquid, ½ cup 88
Beans, pea, navy, or white, dry, cooked, ½ cup 112
Beans, red kidney, canned, with liquid, ½ cup 115
Beef, choice grade cuts (without bone):
brisket, lean only, braised, 4 oz. 253
chuck, arm, lean only, pot-roasted, 4 oz. 219
club steak, lean only, broiled, 4 oz. 277
flank steak, lean only, pot-roasted, 4 oz. 222
ground, lean (10% fat), broiled, 4 oz. 248
porterhouse steak, lean only, broiled, 4 oz. 254
rib, lean only, roasted, 4 oz. 273
round steak, lean only, broiled, 4 oz. 214
rump, lean only, roasted, 4 oz. 236
short plate, lean only, simmered, 4 oz. 253
sirloin steak, double-bone, lean only, broiled, 4 oz. . 245
sirloin steak, round-bone, lean only, broiled, 4 oz. . 235
T-bone steak, lean only, broiled, 4 oz. 253
Beef, corned:
boiled, medium-fat, 4 oz. 422
canned, lean, 4 oz. 211
Beef and vegetable stew, canned, 4 oz. 90
Beets:
boiled, drained, sliced, ½ cup 33
Blackberries:
fresh, ½ cup 42
canned, juice pack, ½ cup with liquid 68
Blueberries:
fresh, ½ cup 45
canned, water pack, ½ cup with liquid 47
Bologna, all meat, 4 oz. 315
Boysenberries:
canned, water pack, ½ cup with liquid 45
frozen, unsweetened, ½ cup 30
Braunschweiger (smoked liverwurst), 4 oz. 362
Brazil nuts (3 large nuts) 90
Bread, commercial:
Boston brown, 1 slice 101
cracked wheat, 1 slice, 20 per loaf 60
French, 1 slice 44
Italian, 1 slice 28
pumpernickel, 1 slice 79
raisin, 1 slice, 20 per loaf 60
rye, light, 1 slice, 20 per loaf 56
white, firm-crumb type, 1 slice, 20 per loaf 63
whole wheat, firm-crumb type, 1 slice, 20 per loaf . . 56
Bread stuffing, mix, mixed with butter, water, ½ cup . 250
Broccoli:
raw, 1 large spear 32
boiled, drained, cut spears, ½ cup 20
Brussels sprouts boiled, drained ½ cup 28
Butter, 1 Tbsp. 100
Butter, whipped, 1 tbsp. 67

Cabbage:
red, raw, chopped or shredded, ½ cup 14
white, raw, chopped or shredded, ½ cup 11
Cake, mix, prepared as directed on package:
angelfood, without icing, 3½-oz. serving 269
coffee cake, 3½-oz. serving 322
devil's food, with chocolate icing, 3½-oz. serving . . 369
white, with chocolate icing, 3½-oz. serving 351
yellow, with chocolate icing, 3½-oz. serving 365
Candies, 1-oz. serving:
almonds, chocolate-covered 161
butter mints, after dinner (Kraft) 106
butterscotch 112
cherries, dark chocolate-covered (Welch's) 115
chocolate, milk 147
chocolate, semi-sweet 144
coconut, chocolate-covered 124
fudge, chocolate, with nuts 121
gum drops 98
jelly beans 104
licorice (Switzer) 101
Life Savers, all flavors except mint 111
Life Savers, mint 108
mints, chocolate-covered 116
marshmallows (Campfire) 100
peanut brittle 119
peanut cluster, chocolate-covered (Kraft) 151
raisins, chocolate-covered 120
toffee, chocolate (Kraft) 111
Cantaloupe, fresh, ½ melon, 5" diameter 58
Carrots:
raw, 1 average 21
boiled, drained, diced, ½ cup 23
Catsup, tomato, bottled, 1 tbsp. 16
Cauliflower:
raw, flowerbuds, sliced, ½ cup 12
boiled, drained, flowerbuds, ½ cup 14
Celery, raw, 1 outer stalk (8" long) 7
Cereals:
All-bran, 1 cup 192
bran, 100% (Nabisco), 1 cup 150
bran flakes, 40%, 1 cup 106
bran flakes with raisins, 1 cup 144
corn flakes, 1 cup 97
corn flakes, sugar coated, 1 cup 154
Cream of Wheat, cooked, 1 cup 133
farina, quick-cooking, cooked, 1 cup 105
oat flakes, (Post), 1 cup 165
oatmeal or rolled oats, cooked, 1 cup 132
rice, puffed, 1 cup 60
wheat flakes, 1 cup 106
wheat, puffed, 1 cup 54
wheat, puffed, presweetened, 1 cup 132
wheat, shredded, 1 biscuit (2½" x 2" x 1¼") 89
Cheese:
American, processed, 1 oz. 105
blue or Roquefort type, 1 oz. 104
brick, 1 oz. 105
cheddar, domestic, 1 oz. 113
cottage, creamed, small curd, ½ cup 112

CALORIE COUNTER

cream, 1 tbsp. . . . 52
cream, whipped, 1 tbsp. . . . 37
Gouda, 1 oz. . . . 108
Monterey Jack, 1 oz. . . . 103
Mozzarella, part-skim, 1 oz. . . . 85
Muenster, 1 oz. . . . 100
Neufchatel (Borden's), 1 oz. . . . 73
Old English, processed, 1 oz. . . . 105
Parmesan, grated, 1 Tbsp. . . . 23
pimiento, American, processed, 1 oz. . . . 105
Provolone, 1 oz. . . . 99
ricotta, moist, 1 oz. . . . 45
Romano, 1 oz. . . . 110
Roquefort, 1 oz. . . . 105
Swiss, domestic, 1 oz. . . . 104
Cheese food, American, processed, 1 oz. . . . 92
Cherries:
sweet, fresh, whole, ½ cup . . . 41
Cherries, maraschino, bottled, 1 oz. with liquid . . . 33
Chestnuts, fresh, 10 average . . . 141
Chicken:
broiled, meat only, 4 oz. . . . 154
roasted, dark meat, 4 oz., no skin . . . 204
roasted, light meat, 4 oz., no skin . . . 207
Chili, with beans, canned ½ cup . . . 170
Chili, without beans, canned, ½ cup . . . 255
Coconut:
dried, sweetened, shredded, ½ cup . . . 258
Cod (meat only):
broiled, with butter, fillets, 4 oz. . . . 192
frozen, fish sticks, breaded, 5 sticks, 4 oz. . . . 276
Coffee, prepared, plain, 1 cup . . . 2
Coleslaw, commercial, with mayonnaise, ½ cup . . . 87
Cookies, commercial:
brownies, from mix, with nuts and water, 1 oz. . . . 114
butter thins, 1 piece (2" diameter) . . . 23
chocolate chip, 1 piece (2¼" diameter) . . . 50
coconut bar, 1 oz. . . . 140
fig bar, 1 average piece . . . 50
gingersnaps, 1 piece (2" diameter) . . . 29
graham cracker, plain, 1 piece (5" x 2½") . . . 55
ladyfinger, 1 piece . . . 40
macaroon, 1 piece (2¾" diameter) . . . 91
oatmeal with raisins, 1 piece (2⅝" diameter) . . . 59
peanut sandwich, 1 piece (1¾" diameter) . . . 58
shortbread, 1 average piece . . . 37
vanilla wafer, 1 piece (1¾" diameter) . . . 19
Corn:
boiled, drained on cob, 1 ear (5" x 1¾") . . . 70
boiled, drained, kernels, ½ cup . . . 69
canned, cream style, ½ cup . . . 105
Corn chips (Fritos), 1 oz. . . . 166
Crackers:
bacon-flavor, 1 oz. . . . 127
butter, round, 1 piece (1⅞" diameter) . . . 15
cheese, round, 1 piece (1⅝" diameter) . . . 17
Melba toast, white, regular, 1 piece . . . 15
Rye-Krisp, 1 piece (1⅞" x 3½") . . . 21
saltines, 1 piece . . . 12
whole wheat, 1 oz. . . . 114
Cranberry juice cocktail, canned or bottled, 1 cup . . . 164
Cranberry sauce, canned, strained, ½ cup . . . 202
Cream:
half and half, ½ cup . . . 162
sour, 1 tbsp. . . . 26
whipping, light, ½ cup unwhipped . . . 358
whipping, heavy, ½ cup, unwhipped . . . 419
Cream substitute, non-dairy, dry, 1 tbsp. . . . 33
Cucumber, with skin, 1 large (8¼" long) . . . 45

Dates, domestic, 10 average . . . 219
Duck, domestic, roasted, meat only, 4 oz. . . . 352

Eclair, custard filled, with chocolate icing, 1 average . . . 239
Eggnog, 8% fat (Borden's), ½ cup . . . 171
Eggplant, boiled, drained, diced, ½ cup . . . 19
Eggs, chicken:
boiled or poached, 1 large egg . . . 82
fried, with 1 tsp. butter, 1 large egg . . . 99
scrambled, with 1 tsp. butter, 1 large egg . . . 111
Endive, raw, 10 small leaves . . . 5
Escarole, raw, 1 large leaf . . . 4

Fat, vegetable shortening, 1 tbsp. . . . 111
Figs:
dried, 1 large fig (2" x 1") . . . 57
Fish cakes, fried, frozen, reheated, 4 oz. . . . 306
Flour:
all-purpose, sifted, 1 cup . . . 419
buckwheat, dark, sifted, 1 cup . . . 326
cake or pastry, sifted, 1 cup . . . 349
rye, dark, unsifted, 1 cup . . . 419
wheat, self-rising, sifted, 1 cup . . . 405
Frankfurters, all-meat, 1 average (10 per lb.) . . . 133
Fruit cocktail, canned, water pack, ½ cup with liquid . . . 46
Fruit, mixed, frozen, sweetened, 4 oz. . . . 125

Gelatin dessert, flavored, prepared with water, ½ cup . . . 71
Gooseberries, fresh, ½ cup . . . 30
Grape drink, canned, 1 cup . . . 135
Grape juice, canned or bottled, 1 cup . . . 167
Grapes:
fresh (Concord, Delaware, etc.), 10 . . . 18
fresh (Thompson seedless, etc.), 10 . . . 34
Grapefruit juice:
canned, sweetened, 1 cup . . . 133
canned, unsweetened, 1 cup . . . 101

Haddock, fried, breaded fillets, 4 oz. . . . 187
Halibut, fillets, broiled with butter, 4 oz. . . . 194
Halibut, frozen, steak, 4 oz. . . . 254
Halibut, smoked, 4 oz. . . . 254
Ham:
boiled, packaged, 4 oz. (about 4 slices) . . . 266
fresh, medium-fat, roasted, 4 oz. . . . 426
picnic, cured, medium-fat, roasted, 4 oz. . . . 368
canned, cured, lean only, roasted, 4 oz. . . . 241
canned, deviled, 4 oz. . . . 398
Herring:
canned, plain, 4 oz. with liquid . . . 236
pickled, Bismark-type, 4 oz. . . . 253
smoked, hard, 4 oz. . . . 340
Hickory nuts, shelled, 4 oz. . . . 763
Honey, strained or extracted, 1 tbsp. . . . 64
Honeydew melon:
fresh, 1 wedge (2" x 7") . . . 49

Ice cream:
hardened, rich, 16% fat, ½ cup . . . 165
soft-serve (frozen custard), ½ cup . . . 167
Ice cream bar, chocolate coated, 3-oz. bar . . . 162
Ice cream cone, sugar 1 cone . . . 37
Ice cream cone, waffle, 1 cone . . . 19
Ice milk, hardened, 5.1% fat, ½ cup . . . 100
Ice milk, soft-serve, 5.1% fat, ½ cup . . . 133
Ice milk bar, chocolate coated, 3-oz. bar . . . 144

Jams and preserves, all flavors, 1 tbsp. . . . 54
Jellies, all flavors, 1 tbsp. . . . 49

Kale:
fresh, leaves only, 4 oz. . . . 80
fresh, with stems, boiled, drained, ½ cup . . . 16
Knockwurst, 1 link (4" x 1⅛" diameter) . . . 189
Kumquats, fresh, 1 average . . . 12

CALORIE COUNTER

Lamb, retail cuts:
- chop, loin, lean only, broiled, 2.3 oz. with bone 122
- leg, lean and fat, roasted, boneless, 4 oz. 317
- shoulder, lean only, roasted, boneless, 4 oz. 233

Leeks, raw, 3 average 52
Lemon juice:
- fresh, 1 tbsp. 4

Lemonade, frozen, diluted, 1 cup 107
Lemons, fresh, 1 average (2⅛" diameter) 20
Lentils, whole, cooked, 1 cup 212
Lettuce:
- iceberg, 1 leaf (5" x 4½") 3
- romaine, 3 leaves (8" long) 5

Limes, fresh, 1 average (2" diameter) 19
Liverwurst, fresh, 4 oz. 348
Lobster, cooked in shell, whole, 1 lb. 112
Lobster, cooked or canned, meat only, cubed, ½ cup . 69

Macadamia nuts, 6 average nuts 104
Macaroni, boiled, drained, ½ cup 96
Macaroni and cheese, canned, ½ cup 114
Mackerel, fresh or frozen, broiled with butter, 4 oz. . . 268
Mangos, whole, 1 average (1½ per lb.) 152
Margarine, salted or unsalted, 1 tbsp. 102
Marmalade, citrus flavors, 1 tbsp. 51
Milk, chocolate, canned, with skim milk, 1 cup 190
Milk, chocolate, canned, with whole milk, 1 cup 213
Milk, cow's:
- whole, 3.5% fat, 1 cup 159
- buttermilk, cultured, 1 cup 88
- skim, 1 cup 88
- skim, partially, 1 cup 145
- canned, condensed, sweetened, 1 cup 982
- canned, evaporated, unsweetened, 1 cup 345
- dry, whole, 1 tbsp. dry form 35
- dry, nonfat, instant, 1 envelope (3.2 oz.) 327

Milk, malted, beverage, 1 cup 244
Muffin, corn, mix, made with egg, milk, 1.4 oz. muffin 130
Mushrooms, raw, sliced, chopped or diced, ½ cup . . . 10
Mushrooms, canned, with liquid, ½ cup 21
Mustard greens, boiled, drained, ½ cup 16

Nectarines, fresh, 1 average (2½" diameter) 88
Noodles, chow-mein, canned, ½ cup 110
Noodles, egg, cooked, ½ cup 100

Oil, cooking or salad:
- corn, safflower, sesame or soy, 1 tbsp. 120
- olive or peanut, 1 tbsp. 119

Olives, pickled, canned or bottled:
- green, 10 large (¾" diameter) 45
- ripe, salt-cured, Greek style, 10 extra large 89

Onions, mature:
- raw, 1 average (2½" diameter) 40
- raw, chopped, 1 tbsp. 4

Orange juice:
- fresh, California, Valencia, 1 cup 117
- fresh, Florida, Valencia, 1 cup 112
- canned, sweetened, 1 cup 130
- canned, unsweetened, 1 cup 120
- frozen, concentrate, unsweetened, diluted, 1 cup . 112

Oranges, fresh, 1 average 71

Pancakes, prepared from mix as directed on package:
- plain and buttermilk, 4" diameter cake 61
- buckwheat and other flours, 4" diameter cake 54

Papaya juice, canned, 1 cup 120
Papayas, fresh, whole, 1 papaya (3½" x 5⅛") 119
Peach nectar, canned, 1 cup 120
Peaches:
- fresh, 1 average 38
- canned, in juice, 2 peach halves with 2 tbsp. juice . . 45
- dried, ½ cup 210

Peanut butter, commercial, 1 tbsp. 94
Peanuts:
- roasted, in shell, 10 nuts 105
- roasted, chopped, 1 tbsp. 52

Pear nectar, canned, 1 cup 130
Pears:
- fresh, Bartlett, 1 pear (2½" diameter) 100
- canned, in heavy syrup, 1 pear half and 2 tbsp. syrup 71
- dried, ½ cup 241

Peas, green:
- boiled, drained, ½ cup 57

Peas, split, cooked, ½ cup 115
Pecans:
- shelled, 10 large nuts 62
- chopped, 1 tbsp. 52

Peppers, hot, chili:
- green, raw, seeded, 4 oz. 42
- green, chili sauce, canned, ½ cup 25
- red, chili sauce, canned, ½ cup 26

Peppers, sweet, green:
- raw, fancy grade, 1 pepper (3" diameter) 36

Peppers, sweet, red:
- raw, fancy grade, 1 pepper (3" diameter) 51

Perch, ocean, Atlantic, frozen, breaded, 4 oz. 382
Perch, white, raw, meat only, 4 oz. 134
Pickle relish:
- hamburger (Heinz), 1 tbsp. 17
- sweet, 1 tbsp. 21

Pickles, cucumber:
- dill, 1 large (4" long) 15
- sweet gherkins, 1 small (2½" long) 22

Pies, frozen:
- apple, baked, 3⅛" arc (⅛ of 8" pie) 173
- cherry, baked, 3⅛" arc (⅛ of 8" pie) 211
- coconut custard, baked, 3⅛" arc (⅛ of 8" pie) 187

Pimientos, canned, drained, 1 average 10
Pineapple:
- fresh, sliced, 1 slice (3½" diameter x ¾") 44
- canned, heavy syrup, chunks or crushed, ½ cup . . . 95
- canned, water pack, tidbits, ½ cup with liquid 48

Pineapple juice, canned, unsweetened, 1 cup 138
Pistachio nuts, chopped, 1 tbsp. 53
Plums:
- damson, fresh, whole, 10 plums (1" diameter) 66
- canned, purple, 3 plums and 2¾ tbsp. liquid 110

Popcorn:
- popped, plain, 1 cup 23
- popped, with oil and salt added, 1 cup 41

Pork:
- Boston butt, lean only, roasted, 4 oz. 279
- chop, lean only, broiled, 4 oz. with bone 308
- loin, lean only, roasted, 4 oz. 288

Potato chips, 10 chips (2" diameter) 114
Potato sticks, ½ cup 95
Potatoes, white:
- baked, in skin, 1 long 145
- boiled, in skin, 1 round 104
- fried, ½ cup 228
- frozen, hash brown, cooked, ½ cup 174
- mashed, with milk and butter, ½ cup 99

Potatoes, sweet:
- baked, in skin, 1 average 161
- boiled, in skin, 1 average 172
- boiled, in skin, mashed, ½ cup 146
- candied, 1 piece (2½" long x 2") 176

Pretzels, commercial varieties:
- rods, 1 pretzel (7½" long) 55
- twisted, 3-ring, 10 pretzels 117

Prune juice, canned or bottled, 1 cup 197
Prunes, dried, medium-size, 1 average 16
Pumpkin, canned, ½ cup 41
Radishes, raw, whole, 10 medium 8
Raisins, seedless (½ cup) 210

CALORIE COUNTER

Raspberries:
- black, fresh, ½ cup . . . 49
- red, fresh, ½ cup . . . 35
- canned, black, water pack, 4 oz. with liquid . . . 58
- canned, red, water pack, ½ cup with liquid . . . 43
- frozen, red, sweetened, ½ cup . . . 123

Rhubarb, cooked, sweetened, ½ cup . . . 191
Rice, cooked (hot):
- brown, long grain, ½ cup . . . 116
- white, long grain, ½ cup . . . 112
- white, parboiled, long grain, ½ cup . . . 93

Rolls and buns, commercial (ready to serve):
- frankfurther or hamburger, 1.4 oz. roll . . . 119
- hard, rectangular, ⅞-oz. roll . . . 78
- raisin, 1-oz. roll . . . 78
- sweet, 1-oz. roll . . . 89
- whole wheat, 1-oz. roll . . . 73

Salad dressings, commercial:
- blue cheese, 1 tbsp. . . . 76
- French, 1 tbsp. . . . 66
- Italian, 1 tbsp. . . . 83
- mayonnaise, 1 tbsp. . . . 101
- Roquefort cheese, 1 tbsp. . . . 76
- Russian, 1 tbsp. . . . 74
- Thousand Island, 1 tbsp. . . . 80

Salami:
- cooked, 1 slice (4" diameter) . . . 68
- dry, 1 slice (3⅛" diameter) . . . 45

Salmon, smoked, 4 oz. . . . 200
Sauces:
- barbecue, 1 tbsp. . . . 17
- soy, 1 tbsp. . . . 12
- tartar, 1 tbsp. . . . 74
- tomato, canned (Hunt's), ½ cup . . . 35

Sauerkraut, canned, ½ cup with liquid . . . 21
Sausages:
- polish, 2.7 oz. sausage (5⅜" long x 1" diameter) . . . 231
- pork, cooked, 1 link (4" long x ⅞" diameter) . . . 62
- pork, cooked, 1 patty (3⅞" diameter x ¼") . . . 129
- pork and beef, chopped, 4 oz. . . . 383
- Vienna, canned, 1 sausage (2" long) . . . 38

Sherbet, orange, ½ cup . . . 130
Shrimp:
- fresh, breaded, fried, 4 oz. . . . 255
- canned, drained, 10 medium shrimp . . . 37

Soft drinks:
- cola, 1 cup . . . 96
- cream soda, 1 cup . . . 105
- fruit flavored (citrus, cherry, grape, etc.), 1 cup . . . 113
- root beer, 1 cup . . . 100
- Seven-Up, 1 cup . . . 97

Soup, canned, condensed, diluted with equal part water:
- asparagus, cream of, 1 cup . . . 65
- beans with pork, 1 cup . . . 168
- beef broth, bouillon or consomme, 1 cup . . . 31
- beef noodle, 1 cup . . . 67
- celery, cream of, 1 cup . . . 86
- chicken consomme, 1 cup . . . 22
- chicken, cream of, 1 cup . . . 94
- chicken gumbo, 1 cup . . . 55
- chicken noodle, 1 cup . . . 62
- chicken vegetable, 1 cup . . . 76
- chicken with rice, 1 cup . . . 48
- clam chowder, Manhattan type, 1 cup . . . 81
- minestrone, 1 cup . . . 105
- mushroom, cream of, 1 cup . . . 134
- onion, 1 cup . . . 65
- pea, split, 1 cup . . . 145
- tomato, 1 cup . . . 88
- vegetable beef, 1 cup . . . 78
- vegetarian vegetable, 1 cup . . . 78

Spaghetti:
- plain, boiled 8-10 minutes, drained, ½ cup . . . 96
- canned, in tomato sauce with cheese, ½ cup . . . 95
- canned, with meatballs in tomato sauce, ½ cup . . . 129

Spinach:
- boiled, drained, leaves, ½ cup . . . 21

Squash, summer:
- scallop variety, boiled, drained, sliced, ½ cup . . . 15
- yellow, boiled, drained, sliced, ½ cup . . . 14
- zucchini, boiled, drained, sliced, ½ . . . 11

Squash, winter:
- acorn, baked, ½ squash (4" diameter) . . . 86
- acorn, boiled, mashed, ½ cup . . . 42
- butternut, baked, mashed, ½ cup . . . 70
- butternut, boiled, mashed, ½ cup . . . 50

Strawberries:
- fresh, whole, ½ cup . . . 28
- canned, water pack, ½ cup with liquid . . . 27

Sugar, beet or cane:
- brown, ½ cup firm packed . . . 411
- brown, 1 tbsp. firm packed . . . 52
- granulated, ½ cup . . . 385
- granulated, 1 tsp. . . . 15
- powdered, unsifted, ½ cup . . . 231
- powdered, stirred, 1 tbsp. . . . 31

Sunflower seed kernels, in hull, ½ cup . . . 129
Sunflower seed kernels, hulled, ½ cup . . . 406
Syrups:
- chocolate, thin-type, 1 tbsp. . . . 46
- corn, light or dark, 1 tbsp. . . . 58
- maple, 1 tbsp. . . . 50
- molasses, blackstrap, 1 tbsp. . . . 43
- molasses, light, 1 tbsp. . . . 50
- molasses, medium, 1 tbsp. . . . 46
- sorghum, 1 tbsp. . . . 53

Tangerines, fresh, 1 average (2⅜" diameter) . . . 39
Tomato juice, canned or bottle, 1 cup . . . 46
Tomato juice cocktail, canned or bottled, 1 cup . . . 51
Tomato paste, canned, ½ cup . . . 108
Tomato puree, canned ½ cup . . . 49
Tomatoes, ripe:
- raw, whole, 1 average (about 2⅖" diameter) . . . 20
- canned, ½ cup with liquid . . . 26

Toppings: dessert:
- butterscotch, 1 tbsp. . . . 52
- caramel, 1 tbsp. . . . 72
- chocolate fudge, 1 tbsp. . . . 62
- pineapple, 1 tbsp. . . . 56

Tuna, canned:
- in oil, solid pack or chunk style, drained, ½ cup . . . 158
- in water, all styles, with liquid, 4 oz. . . . 144

Turkey:
- dark meat, roasted, 4 oz. . . . 230
- light meat, roasted, 4 oz. . . . 200
- canned, boned, ½ cup . . . 207

Turnip greens:
- fresh, boiled in small amount water, drained, ½ cup . 15

Turnips, boiled, drained, cubed, ½ cup . . . 18

Vegetable juice cocktail, canned, 1 cup . . . 41
Vegetables, mixed, frozen, boiled, drained, ½ cup . . . 58

Waffles, baked from mix:
- made with egg and milk, 1 round (7" diameter) . . . 206

Walnuts, 10 large nuts . . . 322
Watermelon, with rind, 1 wedge (4" x 8") . . . 111
Wheat bran, commercially milled, 4 oz. . . . 242
Wheat germ, toasted, 1 tbsp. . . . 23

Yogurt, plain:
- partially skim milk, 8-oz. container . . . 113
- whole milk, 8-oz. container . . . 140

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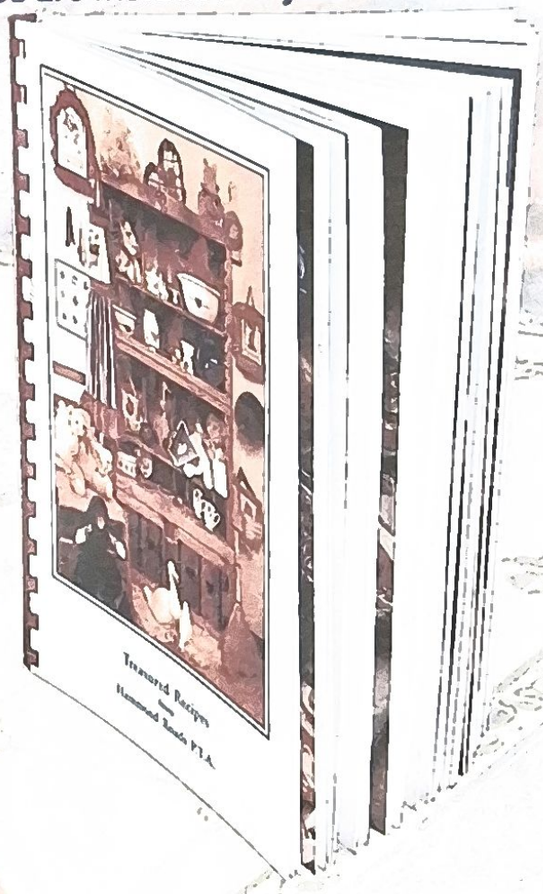

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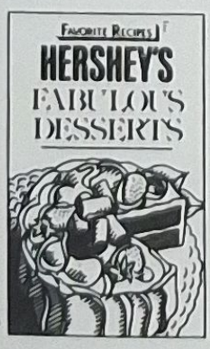

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